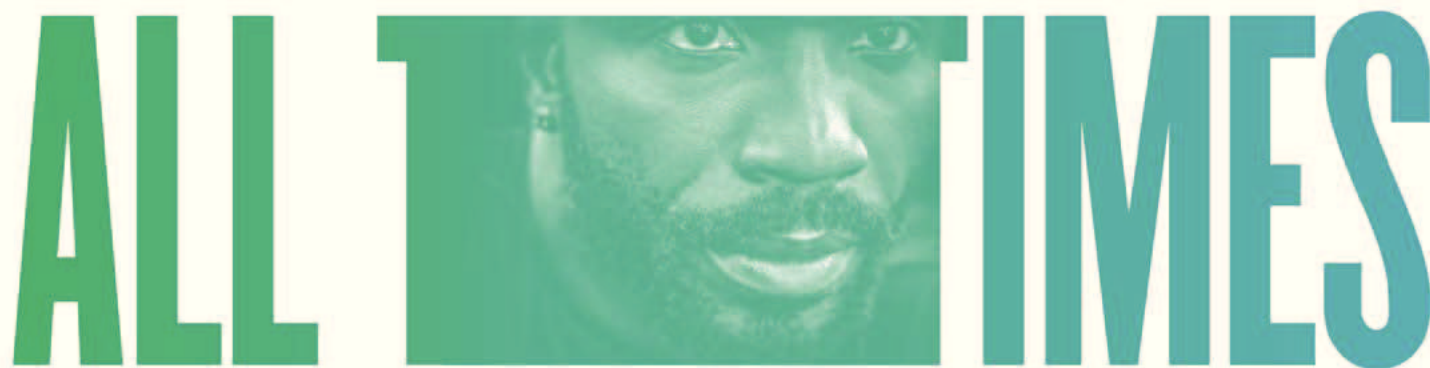


STRATEGY  
FOR DEMOGRAPHIC  
CHANGE AND AGEING



Ajuntament de  
Barcelona



**Government measure:**

**Strategy for Demographic Change and Ageing:  
a City for All Times of Life (2018-2030)**

**Management**

Area of Social Rights

**Analysis for the Strategy for Demographic Change and Ageing:  
a City for All Times of Life (2018-2030)**

Commissioned by the Area for Social Rights to the Barcelona Institute  
of Regional and Metropolitan Studies (IERMB).

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# Summary

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# Introduction

The government measure described below includes the study and analysis of the ageing process and demographic change, as well as commitment to actions and strategic approaches. Some of these actions are new and others reinforce existing policies, most of which are presented in the catalogue of services included in this document, and they innovate in intervention methodologies, areas and models.

The first part presents a study on the dynamics of demographic change and the ageing process in Barcelona, with the aim of investigating the current situation and making demographic projections until 2030. The data on population movement and the figures for migration in recent years are analysed, specifically for the age factor. Subsequently, there is an analysis of the reality facing elderly people in the city and the various population groups that present specific challenges, starting with people aged 50 or over who have difficulties in accessing the job market. The analysis then centres on the economic and health vulnerability of people aged 75 or above, as well as the residential situation of senior citizens and the possibility of their remaining in their own homes. Lastly, the analysis focuses on social and community participation. Wherever possible, the data has been broken down by gender.

The second part deals specifically with the Strategy for Demographic Change and Ageing, citing its objectives and values, as well as 77

actions divided into four strategic approaches: a person's right to the city throughout their life; the friendly city and inter-generational coexistence; active ageing so elderly people can contribute to and enjoy the city, and research and planning for equitable demographic change.

The third section presents the catalogue of services for senior citizens and the budget, an effort to integrate the various programmes and projects that are already operational, mostly under Barcelona City Council's Area for Social Rights. The last section, focusing on the territorial dimension, presents maps showing demographic data, facilities and services, which provide knowledge about the reality of senior citizens in city neighbourhoods and the specific support available to them. For example, there are maps by district with details about their neighbourhoods, with information for planning more integrated services and progressing with the local model of social superblocks.



# Presentation: a government measure to tackle the challenge of demographic change

Tackling demographic change is one of the main challenges facing modern societies, a transformation that has an impact on all areas of life and people's entire life cycles. This is the starting point for this government measure, which considers the demographic transformations and the ageing process from a global and strategic perspective, based on four key factors:

- **Evidence that makes it possible to plan effective public policies:** it presents an analysis of the current reality and a demographic forecast, with special emphasis on the situation of senior citizens in the city.
- **Time perspective:** with the double perspective of short and long-term planning, in order to respond to current needs while also anticipating future demands and needs, in spite of the difficulties inherent in anticipating complex scenarios.
- **Strong ideas with values:** the coherence of public actions is also due to the fact that they respond to explicit values and priorities which become a commitment for planning and implementing the strategy.
- **Strategic approaches and actions:** the objectives include specific actions and projects, many of which are already operational and are reinforced with a strategic sense and a shared vision with public policies as a whole, while also being committed to experimentation and innovation.

A widely shared perspective is that the challenge of demographic change and ageing is not only about senior citizens, but must be seen as a challenge for society as a whole, including all times of life. If we want a diverse, complex Barcelona, as this government measure suggests, the inter-generational perspective is a necessary condition. The gender perspective is essential for rethinking the care model and the ageing process itself, among other things. Prioritising social and gender justice means including recognition and respect at all times of life, and in that way, overcoming the stereotypes that segregate and impede people's self-sufficiency. Valuing the contribution of senior citizens from a perspective of active ageing is also a priority for this government measure.

A multi-level territorial overview is a factor that is included in the strategy in as much as responsibilities are also shared with other stakeholders and areas of government. Many of the challenges that are considered require shared responses both in the Metropolitan Area and with the Catalan and Spanish governments. It is essential to continue learning and sharing with the international network of cities, to defend the right to the city and to maintain actions in districts and neighbourhoods, ongoing collaboration with other social stakeholders and the active participation of society.

## A big socio-demographic change is under way

By 2030, nearly one out of every three Barcelona residents will be 60 years old or over. This is how one of the factors of demographic change will be expressed, but it is by no means the only one.

**Above all, demographic change is about women.** In Barcelona, two out of every three residents aged 80 or over are women. They also account for 56% of the generation aged between 60 and 79. Meanwhile the population aged between 20 and 39 is becoming more female, due to more women staying in the city. And in the 40 to 59 age group, the positive migratory figures are centred on women and people from outside the EU.

**The qualification revolution.** Nearly 70% of the 20 to 39 age group have studied further and higher education courses. This figure stands at 60% for adults aged 40 to 59, and at just over a third for people aged 60 or over. These figures reveal that a city like Barcelona is a driving force and is attractive to qualified

people and talent, and at the same time, it shows the extent of their abilities and potential, in terms of both community life and the generation of wealth and innovative solutions. By 2030, Barcelona will have senior citizens who are more “digital” than “analogue”.

### **A third of young adults are foreign nationals.**

One out of every three registered city residents aged between 20 and 39 are not Spanish nationals. Of these, 10% are from other EU countries and over 23% are from non-EU countries. This fact expresses one of the cornerstones on which demographic change will be based: attracting residents from other countries, something which is already a reality and which is bound to increase in the future.

**The high residential rotation of young people and young adults.** In a city which is the hub of a vast metropolitan area, everyone moves around. On average, over 110,000 young adults arrive or leave the city every year. However, this indicates a new type of belonging to the city, different from what we have known until now.

**The “new” senior citizens.** The fact that the demographic groups prior to the baby-boom generation have reached old age significantly changes the social scenario. They are very different from those of the Spanish Civil War and the immediate post-war period. Apart

from being more numerous and present in the city, the generation of people who are now aged between 60 and 79 contradict the dominant idea concerning elderly people. We are talking about a generation that is relatively well-educated; over half of them completed compulsory education or higher education, and in general, they have had a long working life. In general, they are healthier than the preceding generation.

### **Careers and pensions as key factors for understanding the evolution of the risk of poverty in old age.**

Almost 80% of senior citizens' income is from their pensions, and 18% of the city's senior citizens live below the poverty threshold. The inclusion of women in the workplace, as well as stable careers with increasing income throughout their working lives, means that the generation who have begun their retirement in the last decade have higher pensions than previous generations. The lowest pensions are found in older senior citizens, with a bias towards women. However, this logic of generational improvement could soon be broken by salary reduction and discontinuous working careers (without taking into account pension system reforms). Unemployment continues to be very high among young people, whose employment is delayed or has become precarious, while 68% of people over the age of 55 are in a situation of long-term unemployment.



**Longer life expectancy and the need to care for the most elderly.** Average life expectancy in the city is 83, with a continuing upwards trend. In 2017, there were 767 people aged 100 or over living in Barcelona, and 83% of them were women. Although old age does not necessarily mean dependence, various indicators show that limitations on daily life and the need for help increase year by year from 75 onwards, especially among women. In the over-84 age group, most of the population present some form of disability that causes significant limitations for undertaking everyday activities (60%). However, age is not the only factor: prior life trajectories and socio-economic inequalities lead to an enormous variety of situations among the most elderly people.

**Remaining in their own home and in the same neighbourhood as a preferred option.** Ninety percent of people aged 80 or over state that, in the event of wanting to change their residence and being able to do so, they would choose their current neighbourhood. By contrast, we observe that this same age group has a negative migratory figure (-1,300 people a year) in the city. Therefore, public, community and family support for these people in their own homes becomes essential, when it is considered that there are more and more senior citizens living alone: 30% of people over the age of 75 live alone, and most of them are women. This means a continual increase

in the demand for support services at home: every day an average of 13 new people are included in the telecare system (9 of whom are women) and 6 people (4 of whom are women) are included in the home-care service.

**Vulnerabilities related to housing: less security, access problems and adaptation needs.** Eighty percent of people aged 65 or over currently live in their own homes, without any pending payments, which increases ownership security for senior citizens. However, in a context of increasingly expensive rental prices, separation or divorce (which are becoming more and more frequent at advanced ages) and reduced access to property can lead to situations of residential vulnerability or the need to change city. A continual increase in owned property with pending payments has also been detected (8% of people aged 65 or over), something that in the future may increase the burden for senior citizens in terms of their income. One of the factors that also influences people remaining in their own homes is adapting their accommodation to their new needs, regarding both interior features of the home and communal elements. The districts with the highest density of buildings without lifts are Ciutat Vella, Gràcia and Horta-Guinardó, which have high ratios of elderly people.

**Social and community participation of senior citizens: being socially active and the**

**meaning of life.** Recent studies once again indicate that active social participation is one of the most important factors for the well-being of people in old age. Social, cultural and community activities, with people of their own age or other generations, mean that they feel connected to other people and that their own lives have meaning, as well as being a highly valuable social resource. Although more senior citizens belong to associations than other age groups, there is still a long way to go, especially with regard to fostering social and community activities in people's own neighbourhoods: only 50% state that they attend organised activities or take part in community activities, and only 17.5% use an online social network. At the same time, 72% of senior citizens affirm that they do not know of any City Council participation centre or channel. An essential requirement for making progress towards a more friendly, accessible city for everyone is involving senior citizens in achieving this objective.



Demographic  
change and  
ageing  
Strategy

A city for all times of life  
(2018-2030)

# Diagnosis

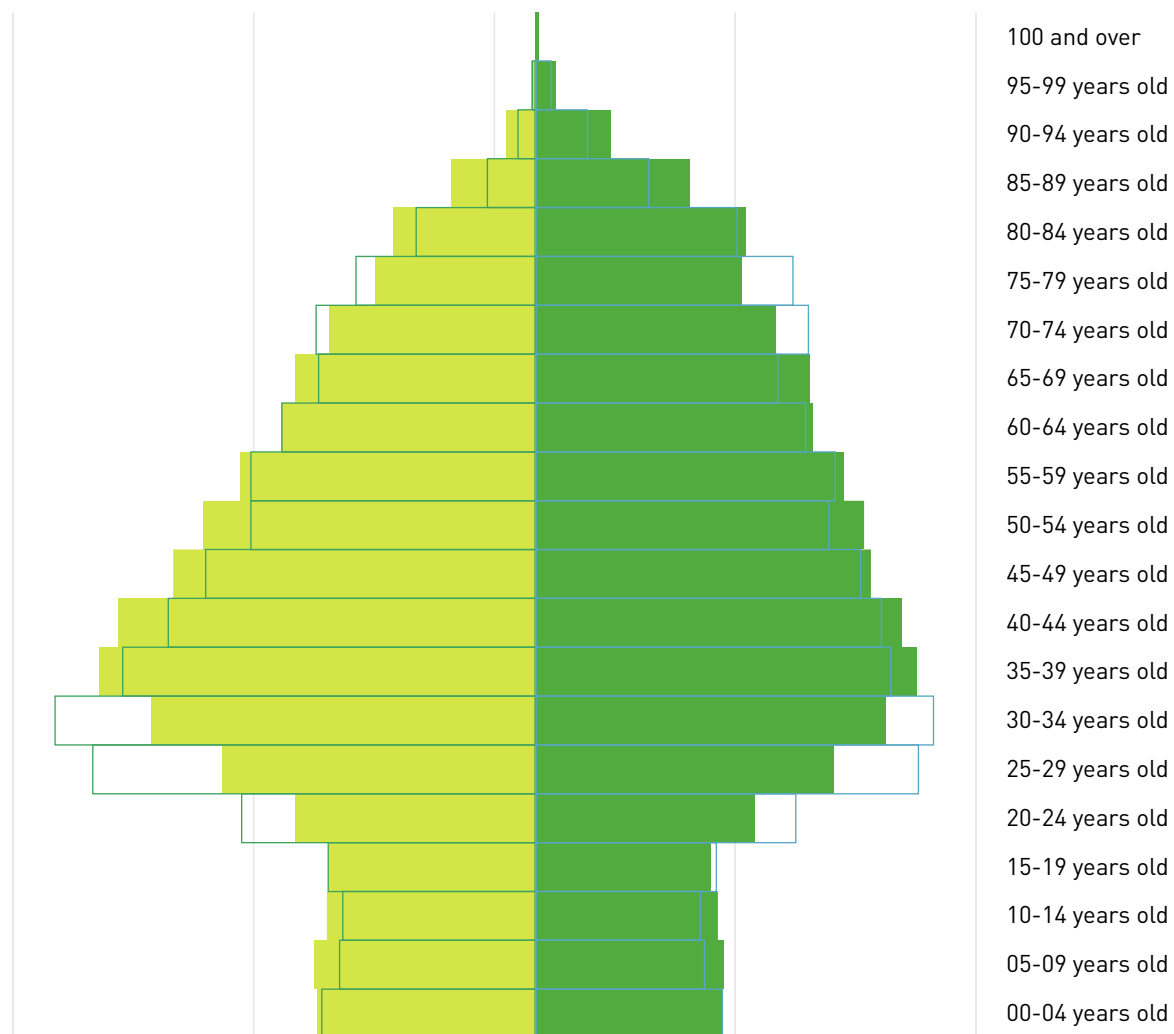
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## Demographic change and ageing

In Barcelona, there are 349,433 people aged 65 or over, according to the census of residents; i.e. 21.4% of the population (2018). Comparatively, Barcelona's situation does not differ much from all the other large cities in southern Europe, and more specifically, it is very similar to Italy. For example, the ratio of people aged 65 or over (21.6%) is quite similar to Rome (21.8 %) or Milan (23.3 %), while it does not differ greatly from cities like Berlin (19.3 %). By contrast, more significant differences are observed with respect to other European cities, such as Paris (15.3 %), Toulouse (12.9 %) or Greater London (10.7 %).

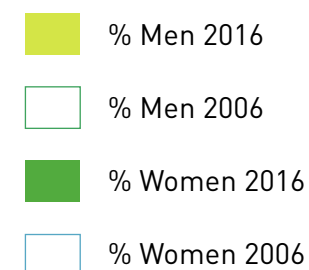
A quick glance at the population pyramids (Figure 1) shows us the population ratios by gender and age groups. Barcelona, like Catalonia and the rest of Spain, presents a pyramid showing a mature population, where generations of a working age (between 30 and 55) are the most numerous in the city, with a greater proportion of men. From 50 years-old onwards, there are more women than men, and from 70 onwards, the imbalance becomes greater. The base of the pyramid shows a slight broadening of the population, fundamentally due to higher birth rates in the immigrant population in previous decades, and because of parents with children arriving in the city. If we compare the 2016 pyramid with the one for 2006, it becomes clear that the city strongly attracts the active population, but it also shows the importance of the baby-boom generation, which is ageing

and will start to enter retirement in 2030. It can also be seen that in 2016, the pyramid grew in its upper part, with the inclusion of a new strata to account for people aged 100 or over. It should also be noted that ageing is distributed unequally around the city (maps 1 and 2). Horta-Guinardó, followed by Les Corts, parts of Nou Barris and part of Gràcia are the districts with the highest proportion of people over 65, with respect to their total populations.



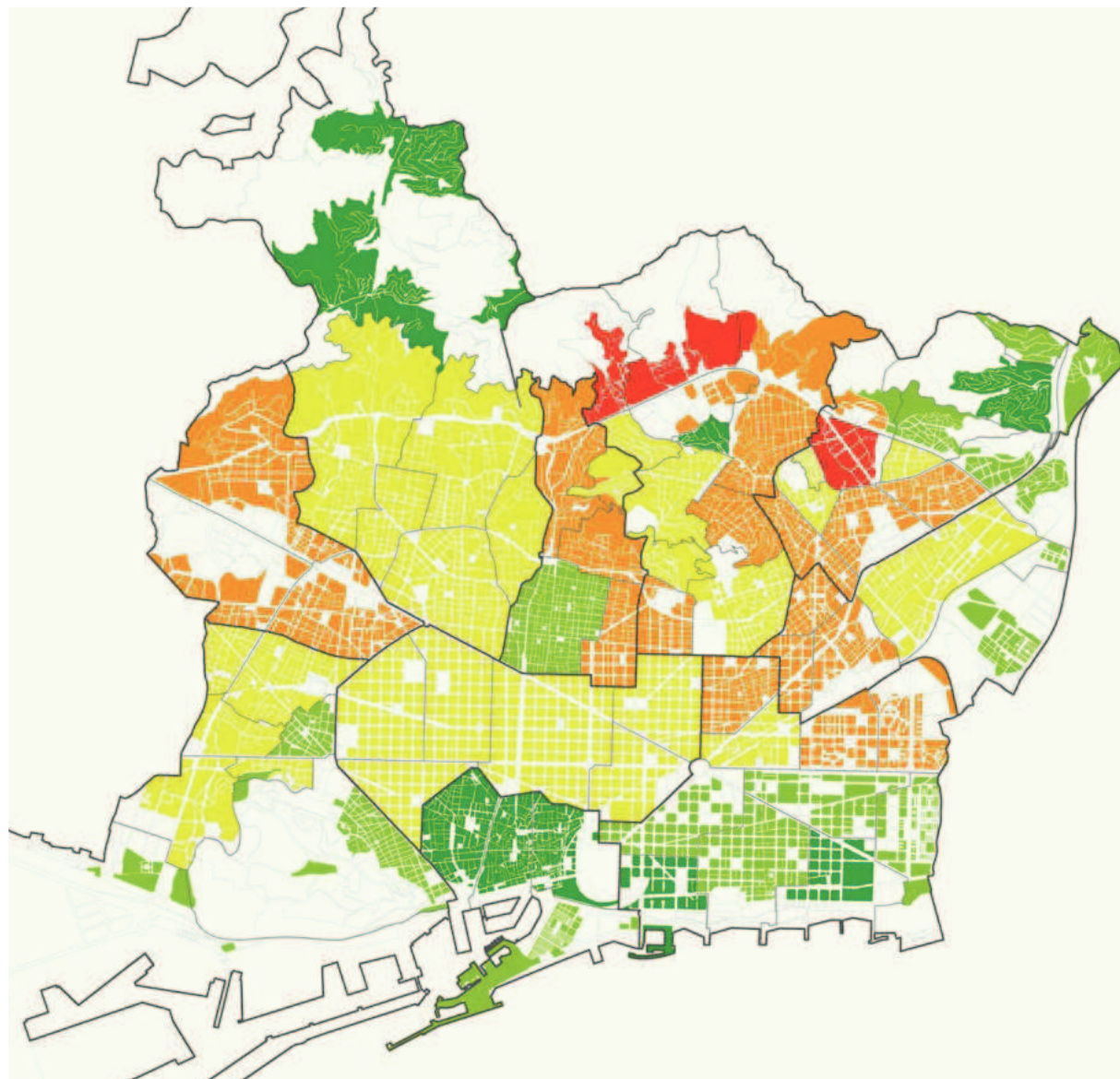
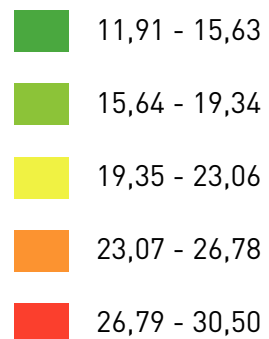
**Figure 1. Population pyramid by gender and five-year age groups. Barcelona, 2006 and 2016.**

*Source: Barcelona City Council, based on official population figures from the National Institute of Statistics (INE), on 1 January 2016.*



**Map 1. Percentage of people aged  $\geq 65$  as a proportion of the neighbourhood's total population Barcelona, 2017**

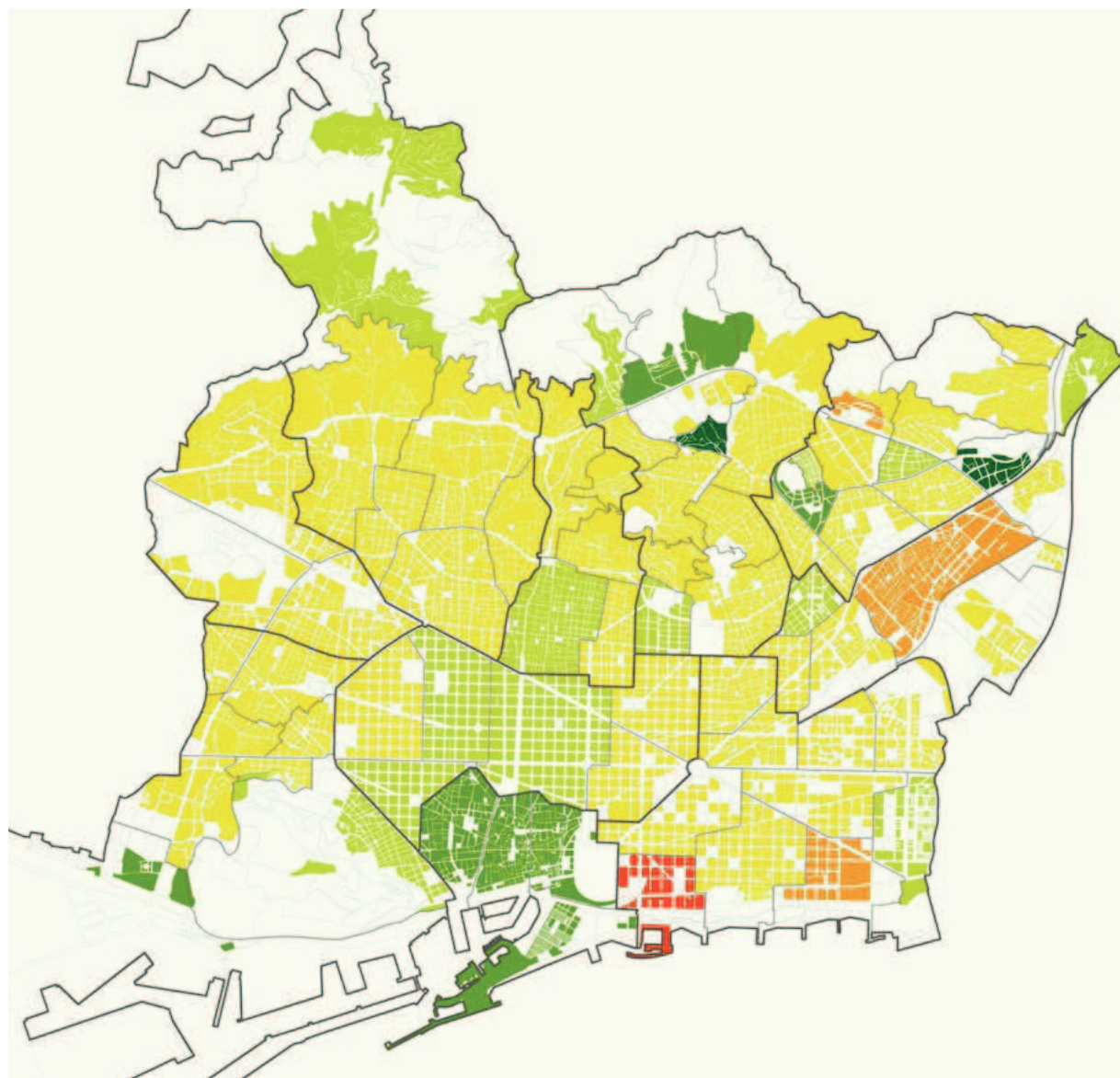
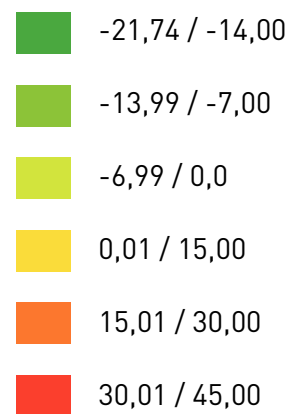
**% people  $\geq 65$  years old**





**Map 2. Variation (%) of people aged  $\geq 65$ ,  
from 2011 to 2017, by neighbourhood.  
Barcelona, 2017**

**% variation of people  $\geq 65$  years old**



So currently, is Barcelona's population older or younger than its surrounding area? Is it getting older more slowly or more quickly? In Table 1, it can be seen that although the proportion of the 65-or-older population is higher in Barcelona than in the Barcelona

Metropolitan Region (+3%) and in Catalonia, the rate of growth of the elderly population is lower in the city. From 2011 to 2016, the ratio of over-65s in the population increased by 1.7% in Catalonia as a whole, while in Barcelona, it only increased by 0.8%. The

same thing happens with the ageing rate: while it increased by 1.6% in the city, it went up by 8.4% in Catalonia as a whole, and by 9.6% in the Metropolitan Area

**Taula 1. Indicators for natural movements and ageing. Barcelona, the Barcelona Metropolitan Area and Catalonia, 2011-2016**

*Source: Barcelona City Council's Department of Statistics and the Catalan Institute of Statistics (Idescat), census of residents, 2011-2016.*

	Barcelona	Barcelona Metropolitan Region (RMB)	Catalonia
<b>Gross birth rate</b>			
2011	8.6	10.7	10.8
2016	8.5	9.2	9.2
Percentage variation, 2011-2016	-0.1	-1.5	-1.6
<b>Gross death rate</b>			
2011	8.9	7.8	7.9
2016	9.4	8.3	8.5
Percentage variation, 2011-2016	+0.5	+0.5	+0.6
<b>% of people aged 65 or over</b>			
2011	20.8	16.9	16.8
2016	21.6	18.7	18.5
Percentage variation, 2011-2016	+0.8	+1.8	+1.7
<b>Ageing rate</b>			
2011	169.8	109.8	107.6
2016	171.4	119.4	116.0
Percentage variation, 2011-2016	+1.6	+9.6	+8.4



As can be seen in Table 2, the demographic projections for the city forecast a growth rate in the proportion of the 65-or-over population of at least 0.1% per year, but this will obviously greatly depend on various factors

that are difficult to predict with precision. In these projections, almost two-thirds of the accumulated increase will be concentrated in the 75-79 age group, which is the most important group, in quantitative terms, for

the city's demographic change, while in qualitative terms, it is the group of people who are nearly 100 years old: in 2017, there were 767 people aged 100 or over living in Barcelona.

**Table 2. Population evolution by large age groups Barcelona, 2004-2030**

*Source: Barcelona City Council, Statistics Office and Jiménez, E*

	2004		2011		2016		2030	
	Nº.	%	Nº.	%	Nº.	%	Nº.	%
0-19	250,588	15.8	262,490	16.2	267,697	16.6	278,511	16.0
20-39	500,633	31.5	486,079	30.1	442,135	27.5	440,129	25.3
40-59	419,156	26.4	438,689	27.1	463,216	28.8	491,943	28.3
60-79	323,005	20.4	315,004	19.5	313,788	19.5	383,270	22.0
80 or over	93,222	5.88	113,723	7.0	123,591	7.7	144,259	8.3
<b>Total</b>	<b>1,586,604</b>		<b>1,615,985</b>		<b>1,610,427</b>		<b>1,738,112</b>	
Natural movement	-3,762		-430		-1,554		-5,525	
Migratory movement	31,302		8,304		21,062		19,542	
Average age	43.0		44.5		44.5		45.3	

An approximation of the future evolution of age groups can also be made by means of population projections at a district level (Table 3). It can be derived from the previous

estimation that, in fact, in the next period there will be districts which will be clearly “rejuvenated”, such as Ciutat Vella and Sarrià-Sant Gervasi, while others, particularly Les

Corts and Horta-Guinardó, will have the highest proportions of elderly people.

### Estimated population distribution, according to age groups. Districts of Barcelona, 2030

Source: Barcelona City Council, Statistics Office and Jiménez, E.

		0-19	20-39	40-59	60-79	80 i més	Total
<b>1. Ciutat Vella</b>	Nº.	18,721	38,243	40,522	18,495	5,544	121,975
	%	<b>15.3 %</b>	<b>31.4 %</b>	33.2 %	15.2 %	4.5 %	
<b>2. Eixample</b>	Nº.	41,881	69,946	82,331	64,689	23,649	282,653
	%	14.8 %	24.7 %	29.1 %	22.9 %	8.4 %	
<b>3. Sants-Montjuïc</b>	Nº.	31,083	51,967	57,795	43,815	14,940	199,718
	%	15.6 %	26.0 %	28.9 %	21.9 %	7.5 %	
<b>4. Les Corts</b>	Nº.	13,220	21,902	21,426	21,421	8,515	86,122
	%	15.4 %	25.4 %	24.9 %	<b>24.9 %</b>	<b>9.9 %</b>	
<b>5. Sarrià-St. Gervasi</b>	Nº.	28,888	42,443	38,185	35,039	13,137	157,137
	%	<b>18.4 %</b>	<b>27.0 %</b>	24.3 %	22.3 %	8.4 %	
<b>6. Gràcia</b>	Nº.	20,237	30,188	39,684	28,322	10,842	129,629
	%	15.6 %	23.3 %	30.6 %	21.8 %	8.4 %	
<b>7. Horta-Guinardó</b>	Nº.	26,331	41,557	48,581	40,676	17,465	174,425
	%	15.1 %	23.8 %	27.9 %	<b>23.3 %</b>	<b>10.0 %</b>	
<b>8. Nou Barris</b>	Nº.	29,716	44,408	47,506	37,782	17,204	176,309
	%	16.9 %	25.2 %	26.9 %	21.4 %	9.8 %	
<b>9. Sant Andreu</b>	Nº.	26,306	37,722	43,764	36,665	12,987	157,508
	%	16.7 %	23.9 %	27.8 %	23.3 %	8.2 %	
<b>10. Sant Martí</b>	Nº.	42,128	61,766	72,144	56,365	19,973	252,641
	%	16.7 %	24.4 %	28.6 %	22.3 %	7.9 %	

## 02. Demographic change and residential migration

Since the end of the 1980s, births and deaths have been equal, natural population movement has always been negative in Barcelona, even in the years when the increase in the young adult immigrant population boosted the birth rate. This means that since then, most of the total population evolution can be explained by migratory movement. The social and generational composition of these movements is a decisive factor for the evolution of the city's socio-demographic profile.

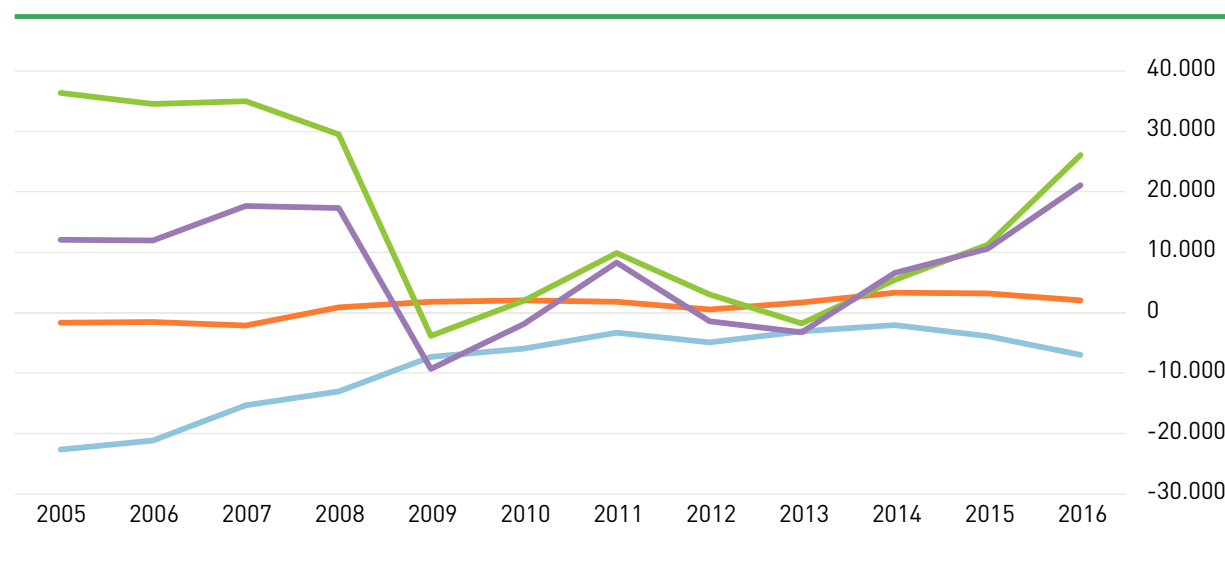
Figure 2 shows that the behaviour of migratory balances (the difference between people arriving in the city and those leaving) is very different according to their origin and destination. In this way, it can be seen that the balance with the rest of Spain remains

stable, without large gains or losses, although from 2008 onwards, it turns from negative to positive. By contrast, the loss of city population to the rest of Catalonia was progressively decreasing until 2014, when it started to rise again. In any event, the flow that determines the city's total migratory balance is, undoubtedly, international migration, which has passed through various phases: a growth phase until 2008; then a sharp downturn in 2009; an up-and-down stage during the crisis, and sustained growth from 2013 onwards, reaching a positive balance of 20,000 individuals in 2016. This flow is fundamentally characterised as being a population of 20 to 35-year olds, with or without children, i.e. an active population at a fertile age.

**Figure 2. Migratory balances in relation to various territorial areas. Barcelona, 2005-2011**

Source: Idescat, based on residential variation statistics from the INE.

- Balance of internal migrations with rest of Catalonia
- Balance of internal migrations with the rest of Spain
- Balance of external migrations
- Total migratory balance



As an open, attractive city, the population of Barcelona presents a high rotation (non-natural comings and goings over the total) which, in this century, is between 10 and 15% of the total population a year. This rotation affects the various socio-demographic and socio-economic profiles differently, because otherwise it would mean that every 7.5 years, the city's population would be completely new, which is nowhere near the true picture: in 2011, over 50% of the city's population had been born in the city itself. In Table 4, there is an analysis of the socio-demographic characteristics of the residential migrant population, based on two indicators: the "attraction" indicator, which relates the migratory balance (the difference between comings and goings) to the total population; and the "rotation" indicator, which relates the weighting of the comings and goings in terms of the resident population.

**Table 4. Attraction and rotation of migrants according to socio-demographic factors. Barcelona, 2011-2016**

	Average 2001-2016	Attraction = mi- gratory balance / stock	Rotation = (comings + goings) / stock
<b>Total</b>	<b>1,610,805</b>	<b>0.2 %</b>	<b>12.4 %</b>
<b>Gender</b>			
Women	847,198	0.3 %	11.3 %
Men	763,607	0.1 %	13.6 %
<b>Age</b>			
0-19	264,526	0.6 %	10.9 %
20-39	464,196	1.5 %	24.0 %
40-59	462,839	-0.6 %	9.4 %
60-79	314,265	-0.4 %	3.7 %
80 and over	<b>118,395</b>	<b>-1.1 %</b>	3.5 %
<b>Nationality</b>			
Spain	1,336,531	-0.4 %	6.4 %
European Union	77,227	3.3 %	31.9 %
Non-EU	196,902	3.0 %	45.3 %
<b>Education</b>			
No education	80,245	-1.3 %	4.6 %
Primary school / school certificate / general basic education	250,040	-1.0 %	13.9 %
Secondary school / secondary school certificate / ESO / FPI	280,350	-0.5 %	12.0 %
Higher secondary education / BUP / COU / FPII / CFGM	340,733	-0.2 %	11.1 %
University studies / CFGS	388,029	1.9 %	15.5 %
<b>Neighbourhood localisation</b>			
Very high-income neighbourhoods	180,641	0.6 %	10.7 %
High income neighbourhoods	84,374	0.7 %	11.9 %
Medium-high income neighbourhoods	309,634	0.4 %	12.3 %
Medium-low income neighbourhoods	402,817	0.3 %	12.1 %
Low income neighbourhoods	382,419	0.1 %	13.7 %
Very low-income neighbourhoods	250,707	-0.4 %	12.1 %

Source: Barcelona City Council,  
Statistics Office and Jiménez, E.

Based on the data in Table 4, and taking the 2011-2016 five-year period as a reference, we can extract four trends: 1) Barcelona attracts a young population under 40 years of age, while adults over the age of 40 leave, and in greater numbers as they get older; 2) the migratory balance is negative for Spanish nationals and positive for foreign nationals; 3) the migratory balance is only positive among the population with higher education and only negative in the very-low income neighbourhoods, and 4) there is more residential rotation among the younger population with higher education.

If we analyse these trends by age groups (see the residential movement tables on page 54), we are able to confirm the first conclusions. The 0-19 age group has an overall positive balance, which is basically due to the arrival of the non-EU community from abroad. The 20-39 age group also has a positive migratory balance, but contains relevant differences: there is a negative balance for residents with education to compulsory levels, at a rate of loss of over 1,000 young adults a year, while people with post-compulsory levels of education are attracted, particularly university graduates, with over 7,000 residents a year. It must be stressed that the group of young adults is the only one that shows a positive migratory balance in relation to Catalonia, although the positive balance is mostly due to people coming from the rest of Spain and, above all, from abroad. The high proportion of

women in this age group also stands out; they represent 65% of the migratory balance.

By contrast, the 40-59 age group has a negative migratory balance of 2,600 people a year, mostly Spanish men, people who live in medium and low-income neighbourhoods, with primary and average education and who move to other parts of Catalonia and Spain. Even so, in this generation there is a sub-group with a positive balance during the study period: non-EU women.

The loss of population in the 60-79 age group due to migration has been less dramatic. In the last five-year period, Barcelona lost over 1,000 people a year, and that loss has been proportionally greater in the case of Spanish nationals without education or with primary education in low and medium income neighbourhoods. Furthermore, the city has attracted older people with university education, as well as a non-EU foreign population. Very elderly people, those aged 80 and over, leave at a similar rate to the previous age group, and with a similar profile for neighbourhood of residence and education level. The main difference with respect to people in the 60-79 age group is the larger proportion of women, given their longer life expectancy and the greater prevalence of a closer destination (the rest of Catalonia).

## 03. Social and work problems for people aged 50 or over

If there is an age group that is being left behind in the current context of increased employment, it is the active population who are over 50 years old. Various indicators show the work placement problems faced by people who are over the age of 50 in Barcelona and the larger proportion of long-term unemployed in this group. This situation can have negative consequences for their future living conditions, as this, in the last period of social security payments, puts at risk the amount of money they will be paid during their retirement. The inclusion of the life-cycle perspective makes an analysis of the living conditions of elderly people more complex, and it aims to overcome the homogeneous definition of this group based on the threshold of a specific age (usually 65).

According to a recent report from the Barcelona Economic and Social Council, with data from April 2015, long-term unemployment affects over 68% of unemployed people who are older than 55, while the figure is around 40% for people aged between 35 and 54. The lowest percentage is for people under the age of 34. A similar situation is detected among people who have been unemployed for over two years: the biggest group is the over-55s (51.2%), while the 35-54 age group accounts for 23.4%. Although the report does not include the double parameters of age and gender, it also shows a greater incidence of long-term unemployment among women: 56.2% of the people who had been

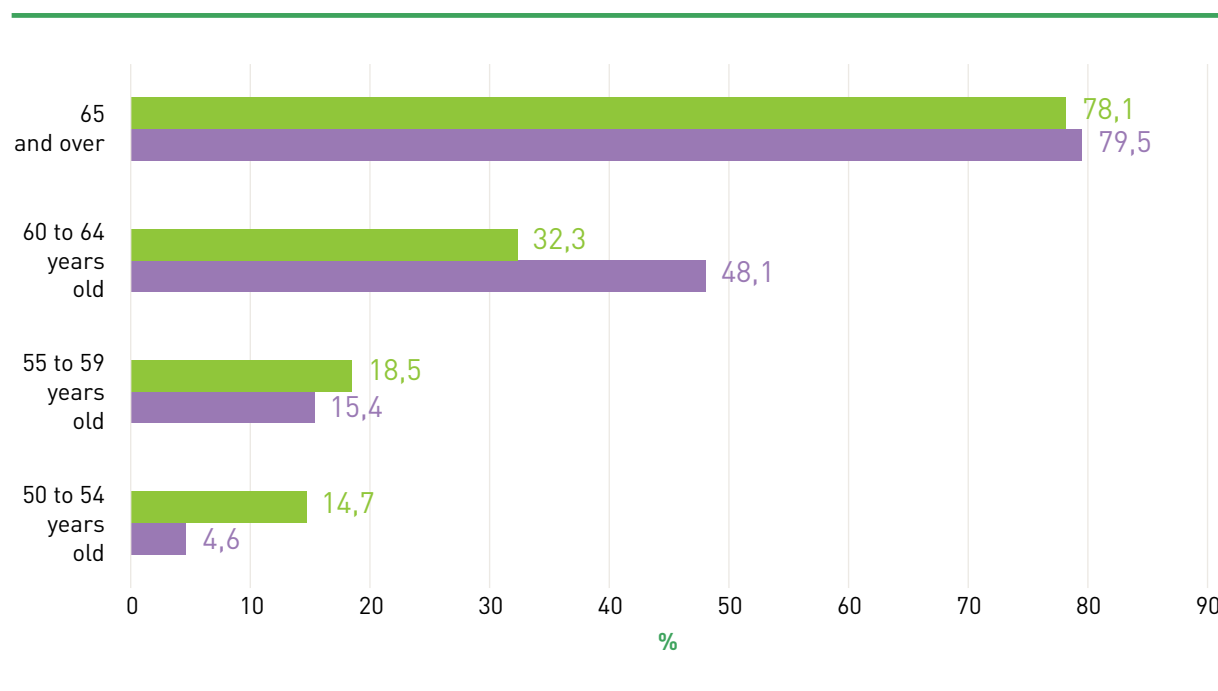
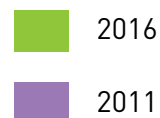
unemployed for over a year in April 2016 were women.

If income is observed from the perspective of the household, the group with worsening conditions compared to 2011 is once again the people aged between 50 and 59 (Figure 3). In 2011, the main income for 9.4% of households with people of this age were social transfers, while by 2016, this percentage had risen to 16.8%.

**Figure 3. Social transfers as a household's main income, according to age group.\*  
Barcelona, 2011-2016**

Source: Idescat and IERMB, Survey of Living Conditions and Habits of the Population of Catalonia, 2011; and Idescat, Survey of Living Conditions, 2016.

\*For reasons of sample representativeness, it is not advisable to break the table down by gender



It should be remembered that the amount of money from social transfers is significantly lower for people under the age of 65. The average social transfer for the population aged 55 to 64 in 2016 was approximately €12,000 a year, while this figure rose to an

average of around €24,000 a year for people aged 65 or over. If we observe total income (not only social transfers), we can also see major differences by age group, which reinforces the idea of economic vulnerability for people aged 55 to 64 who are on low incomes (Figure 4).

**Figure 4. Percentile 25, percentile 50 (average) and percentile 75 of equivalent income according to age group. Barcelona, 2016**

Source: INE and Idescat, Survey of Living Conditions, 2016.

- 55 to 64 years old
- 65 to 74 years old
- 75 and over



It can be seen that in the percentile 50 (median) and the percentile 75, income for people aged 55 to 64 is higher than that of people who have already reached retirement age. This is what usually occurs, as the income coming from job earnings at mature ages is usually higher than retirement payments. However, if the income of the 25 percentile (lowest income) are

compared between the various age groups, it can be seen that the 55-64 group has a lower income than the 65-74 group. This is clearly due to the greater prevalence of social transfers (social transfers that are lower than pensions) among people with low incomes in the 55-64 group.

Regarding material privations (another way

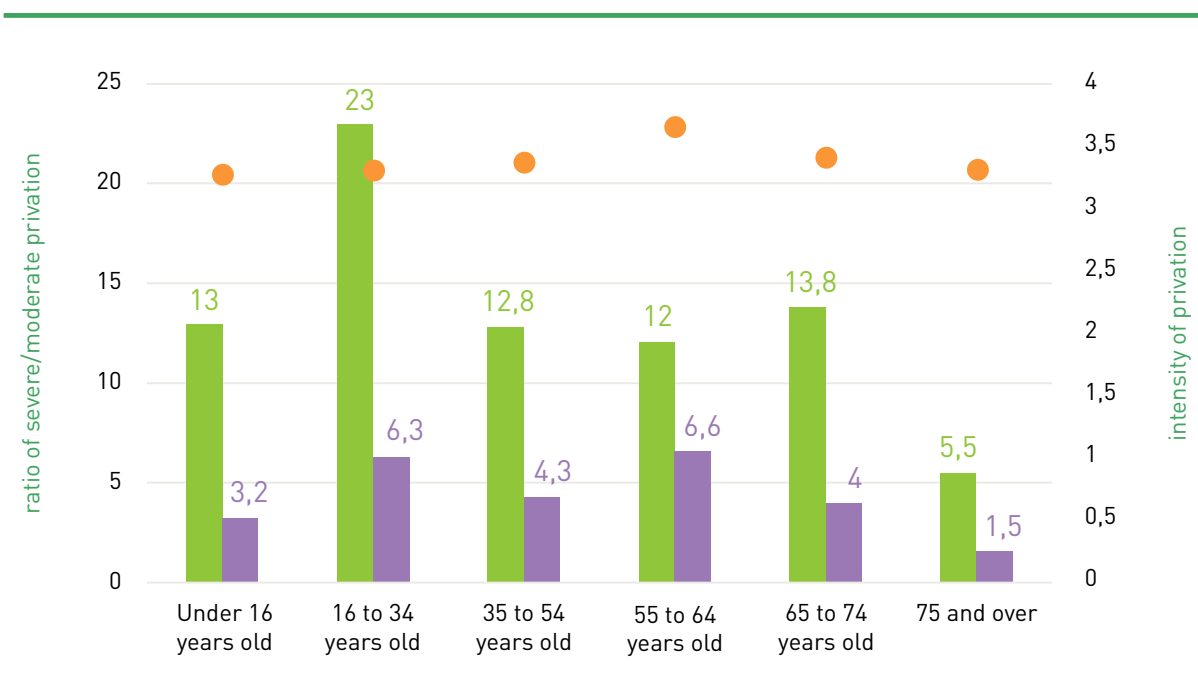
of measuring poverty), in the 55-64 group, the risk of moderate poverty has been reduced, but the risk of severe and extreme poverty has increased, and it is the group with the highest proportion of privation (Figure 5). This data supports the evidence that indicates stagnation or even a worsening of situations of poverty in this age group.



**Figure 5. Rate of moderate material privation (at least 3 items) and severe privation (at least 4 items) and privation intensity (average number of items) by age group (whole population). Barcelona, 2016**

Source: INE and Idescat. Survey of Living Conditions, 2016. \*For reasons of sample representativeness, it is not advisable to break the table down by gender.

- Moderate privation
- Severe privation
- Intensity of privation



## 04. Economic and health vulnerability of people aged 75 or over

The life expectancy of people born in Barcelona is 80 for men and 86 for women. We will now analyse the living conditions of people aged 75 or over, compared to people aged between 65 and 74, while the variety of situations that are concealed by the generic label of *senior citizens* are revealed once again. We specifically focus on the incidence of poverty and the evolution of the health of both age groups, which are closely interrelated aspects.

### 4.1. Economic vulnerability

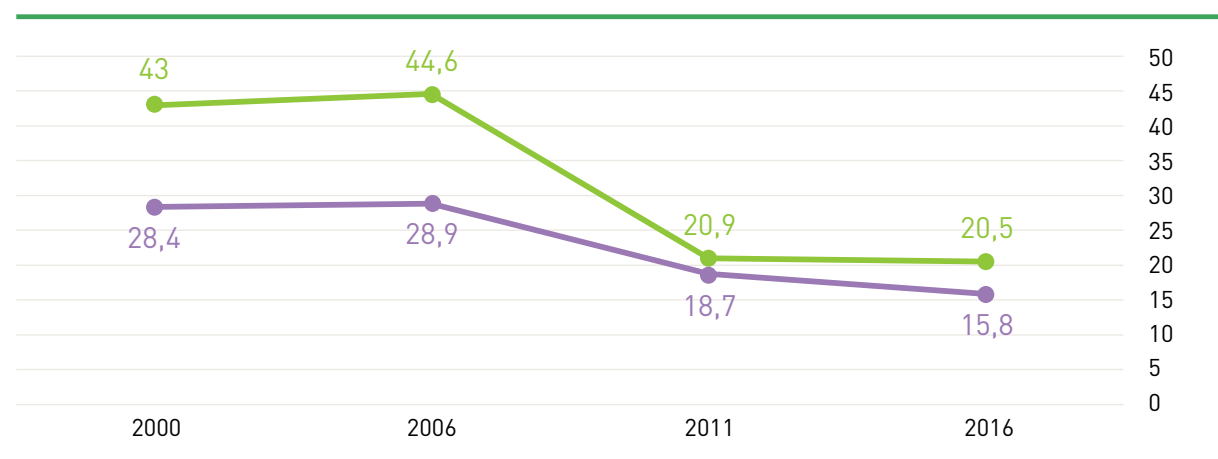
During the economic crisis, the risk-of-poverty rate for senior citizens was lower than that of the total population, due to the fall in income from jobs compared to

the stability of pension payments. With the recuperation of employment and, therefore, income from work, the risk-of-poverty rate has converged at around 18%, for both the population as a whole and for senior citizens. However, this reduction of poverty in people aged 65 or over is much lower in women than in men, which means that the gap in economic poverty between the sexes, which had been getting smaller in recent years, is once again increasing (Figure 6). There are also differences in economic vulnerability within the city of Barcelona itself, among neighbourhoods and districts (Map 3). The districts with the highest population ratios of people aged 60 or over with an income of under 1 IPREM, in 2018, are Sants-Montjuïc, Ciutat Vella, Nou Barris and Sant Andreu.

**Figure 6. Risk-of-poverty rates (60% of the average) according to gender (people aged 65 or over). Barcelona, 2000-2016. Barcelona threshold**

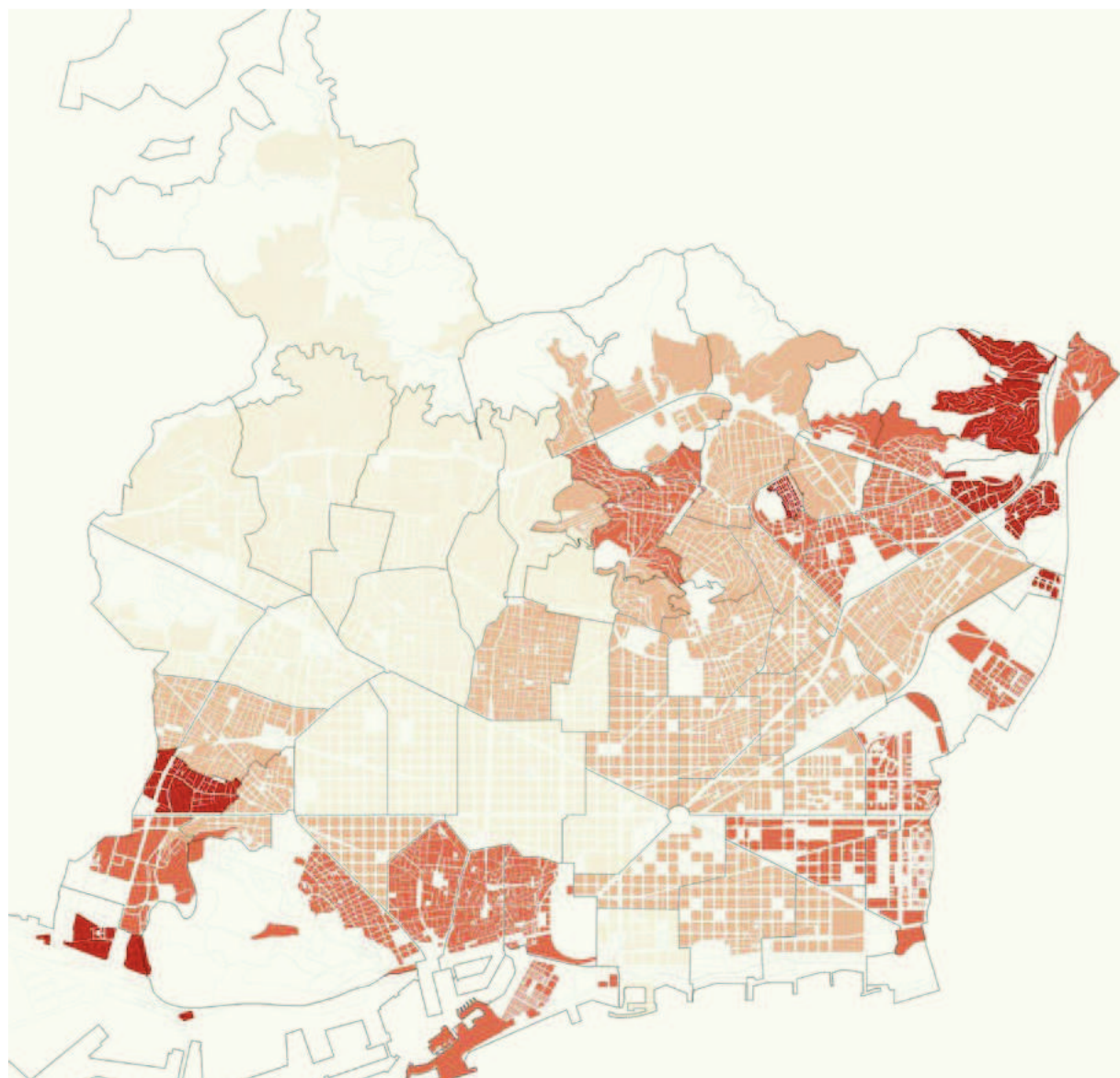
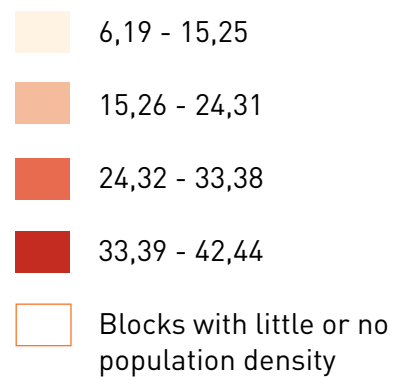
Source: Idescat and IERMB, *Survey of Living Conditions and Habits of the Population of Catalonia, 2011*; and Idescat, *Survey of Living Conditions, 2016*.

— Men  
— Women



**Map 3. Percentage of population aged  $\geq 60$ , with an income lower than 1 IPREM. Barcelona, February 2018**

**% population  $\geq 60$   
with income  $< 1$  IPREM**



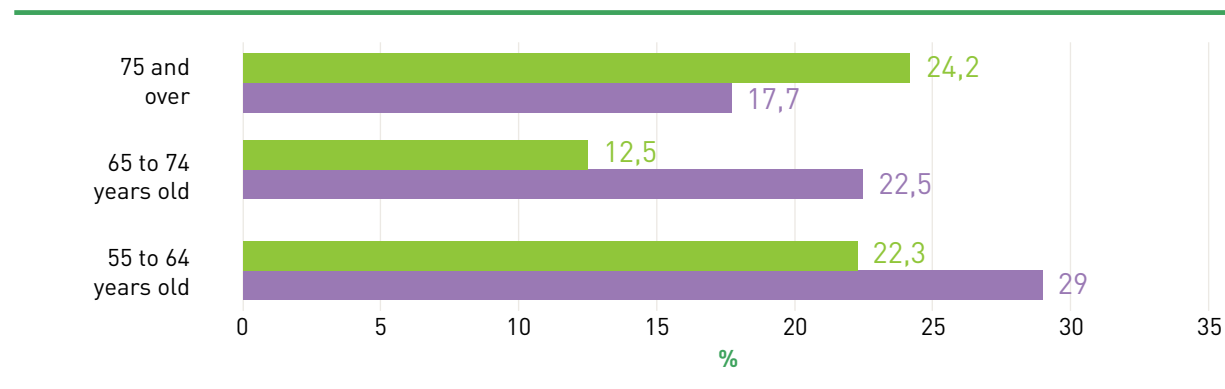
**Figure 7. Risk-of-poverty rate (60% of the average) according to age groups (people aged 55 or over). Barcelona, 2011-2016**

Source: Idescat and IERMB, Survey of Living Conditions and Habits of the Population of Catalonia, 2011; and INE and Idescat, Survey of Living Conditions, 2016.

2016 2011

However, the reduction in economic poverty does not occur among people aged 75 or over; quite the contrary. The figures for the risk

of moderate or severe poverty in this group increases in comparison to 2011 (from 17.7 to 24.2 %) (Figure 7).



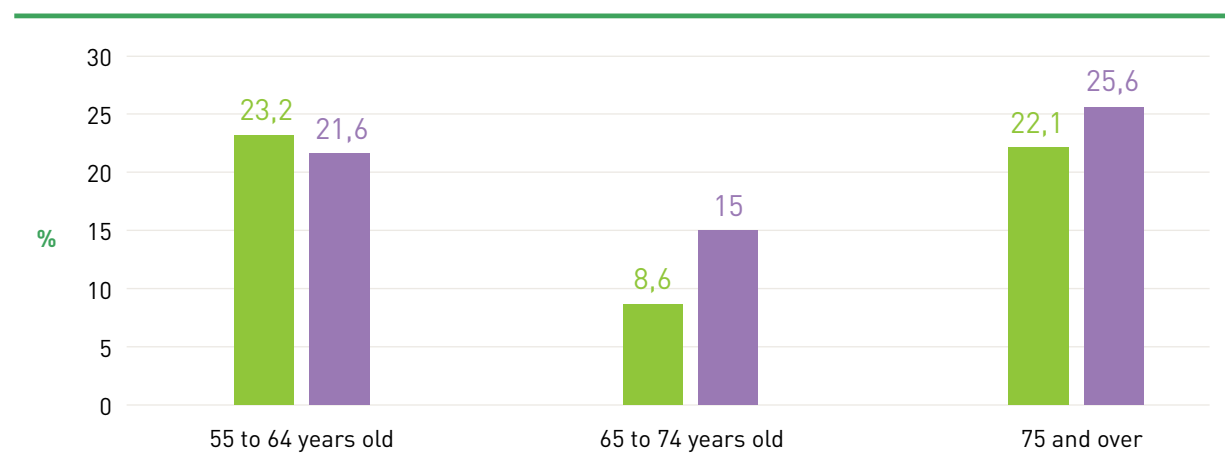
**Figure 8. Risk-of-poverty rates (60% of the average) according to gender (people aged 55 or over). Barcelona, 2016**

Source: INE and Idescat, Survey of Living Conditions, 2016.

Men Women

When analysed by gender (Figure 8), the incidence of poverty among women aged 75 or over is greater than for men (25.6% and

22.1%, respectively), but this difference is even greater in the 65-74 age group, in which the rate is almost double for women.



Although the explanation for the increase in the risk-of-poverty rate for people aged 75 or over can be more statistical than sociological (given the lower quantity of social transfers received and the relative improvement in the other groups), it should be remembered that people aged 75 or over have much lower incomes (Figure 4): the average available income for the 65-74 age group is around €20,300, while for people aged 75 or over, it is €17,400. This is basically a consequence

of the differences in the amounts of money paid in social transfers (78.2% of the income of people aged 65 or over come from the various kinds of social transfers) that the two analysed age groups receive: for people aged between 65 and 74, the average amount in transfers is €25,400, and for people aged 75 or over it is €17,600.

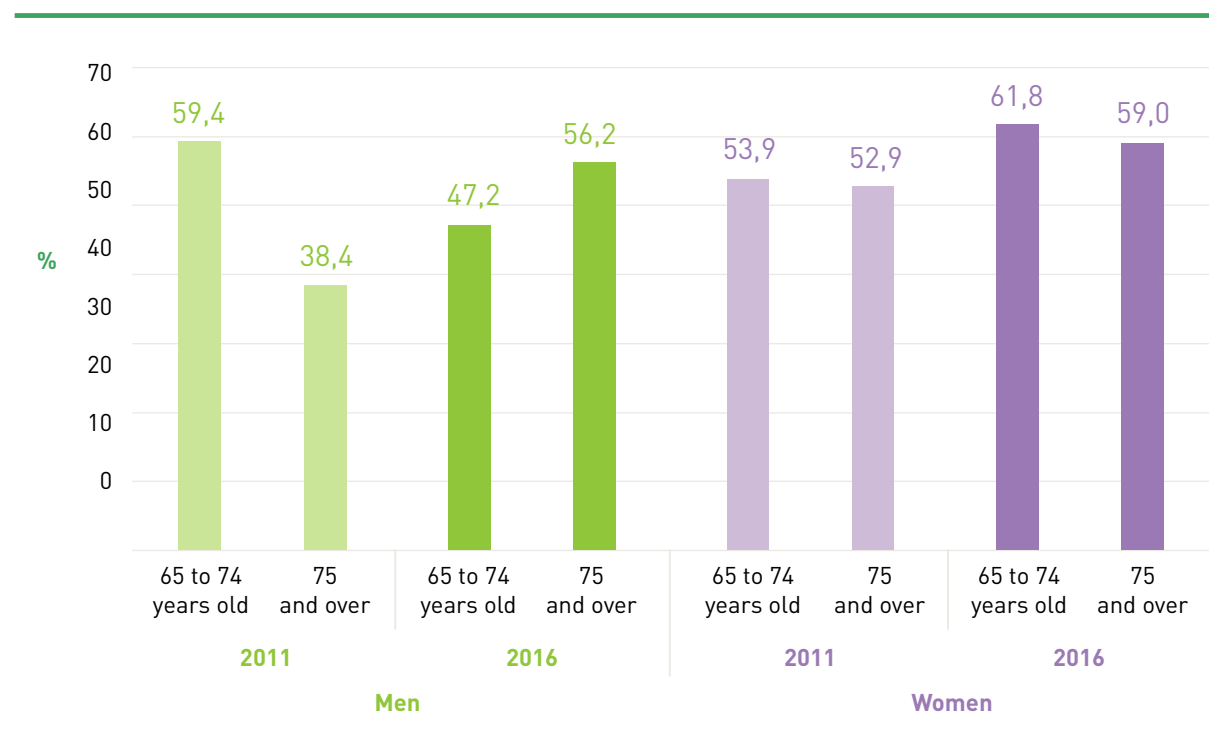
Furthermore, the subjective poverty indicator shows an increasing tendency concerning

difficulties in making ends meet among people aged 75 or over, from 17.6% to 24.8% for the 2011-2016 period. This is above the subjective poverty of the 65-74 age group. Above all, this higher incidence of subjective poverty among the most elderly people is due to a higher incidence of subjective poverty among men (Figure 9).

**Figure 9. People who find it difficult or very difficult to make ends meet, according to gender and age groups (people aged 65 or over). Barcelona, 2011 and 2016**

Source: INE, Idescat and IERMB. Survey of Living Conditions and Habits of the Population of Catalonia, 2011; and Survey of Living Conditions, 2016.

Men Women



## 4.2 Health inequalities

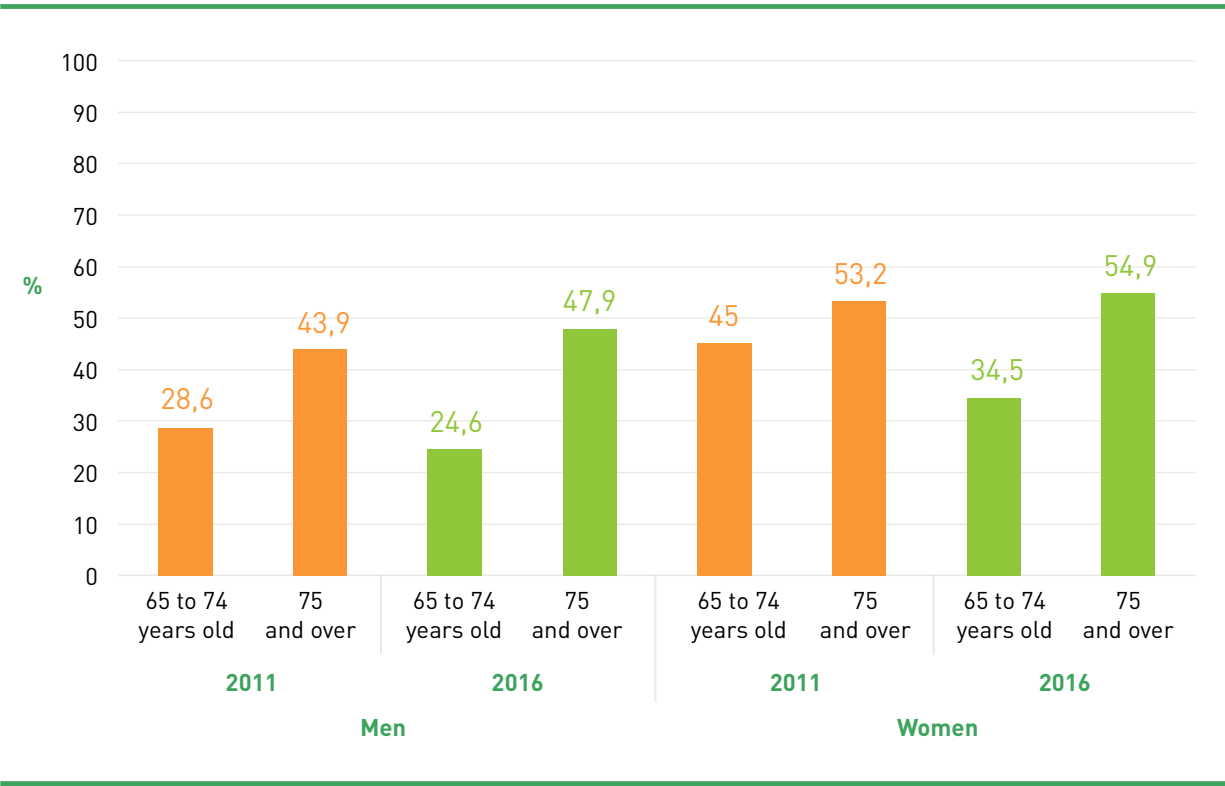
It is clear that people’s health gets worse as they get older and that this tendency has a different rate and intensity according to gender: 24.6% of men aged 65 to 74 say they have a bad state of health (self-perceived

health as bad or regular), while this percentage increases to almost 50% for men aged 75 or older. Women register higher percentages for both the 65-74 age group (34.5%) and the 75 or over group (55%). Compared to 2011, the percentage of ill health decreases among people aged 65 to 74 (especially among women) while there is a significant increase

above this age (especially among men). The data indicates that the percentage of people aged from 65 to 74 who are in good health will increase, while the percentage of people aged over 74 who are in good health will decrease (Figure 10).

**Figure 10. Evolution of perceived ill health according to gender and age (people aged 65 or over). Barcelona, 2011 and 2016**

Source: ASPB. Barcelona Health Survey, 2011 and 2016.



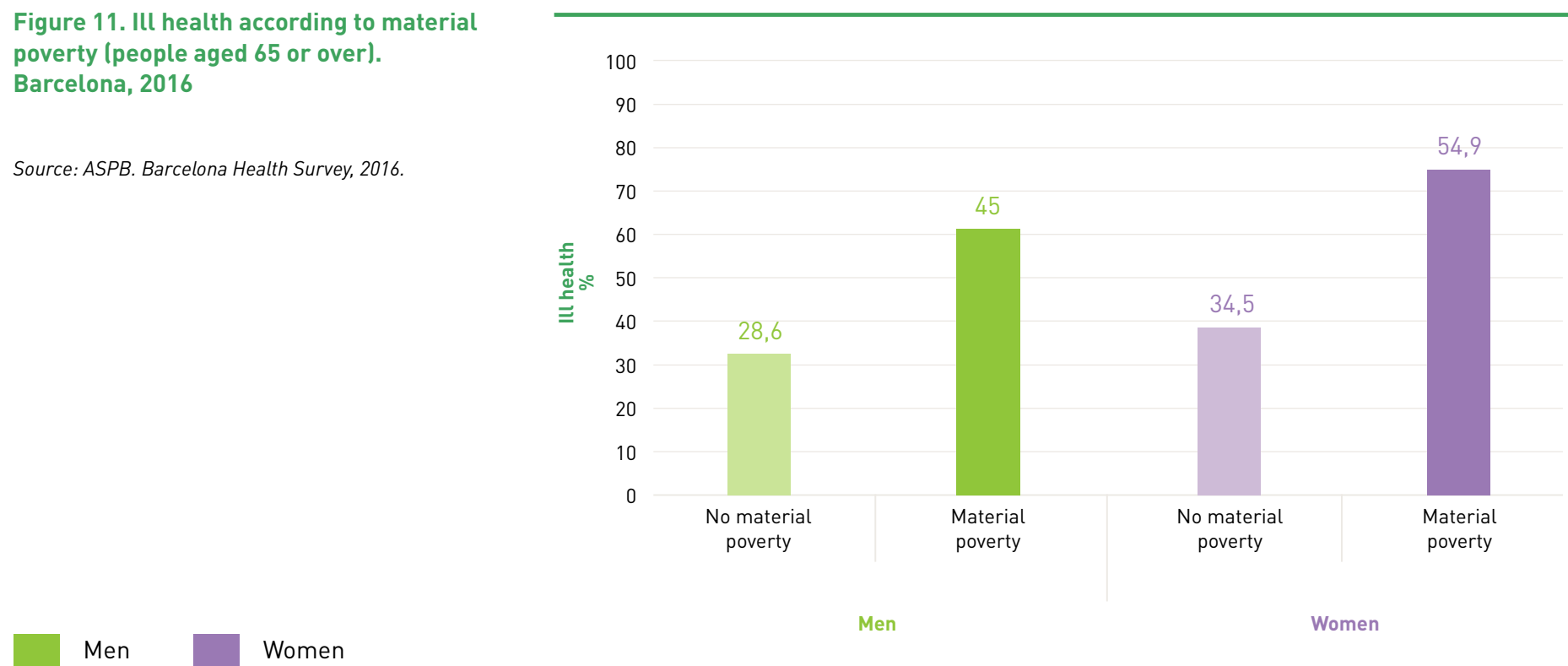
One of the factors that most clearly conditions people's health is their socio-economic situation. People with lower incomes are often unhealthier than those in a better economic situation. Furthermore, in the case of women, suffering situations of poverty

leads to worse health compared to men. In Barcelona, 32.5% of elderly men who do not suffer material poverty state they are in ill health, while in men who do suffer material poverty, this percentage is doubled (61.3%). This increase is even more significant among

elderly women: 75% of women suffering material poverty state they are in ill health, compared to 39% in those who do not suffer situations of poverty (Figure 11).

**Figure 11. Ill health according to material poverty (people aged 65 or over). Barcelona, 2016**

Source: ASPB. Barcelona Health Survey, 2016.



### 4.3 Dependence

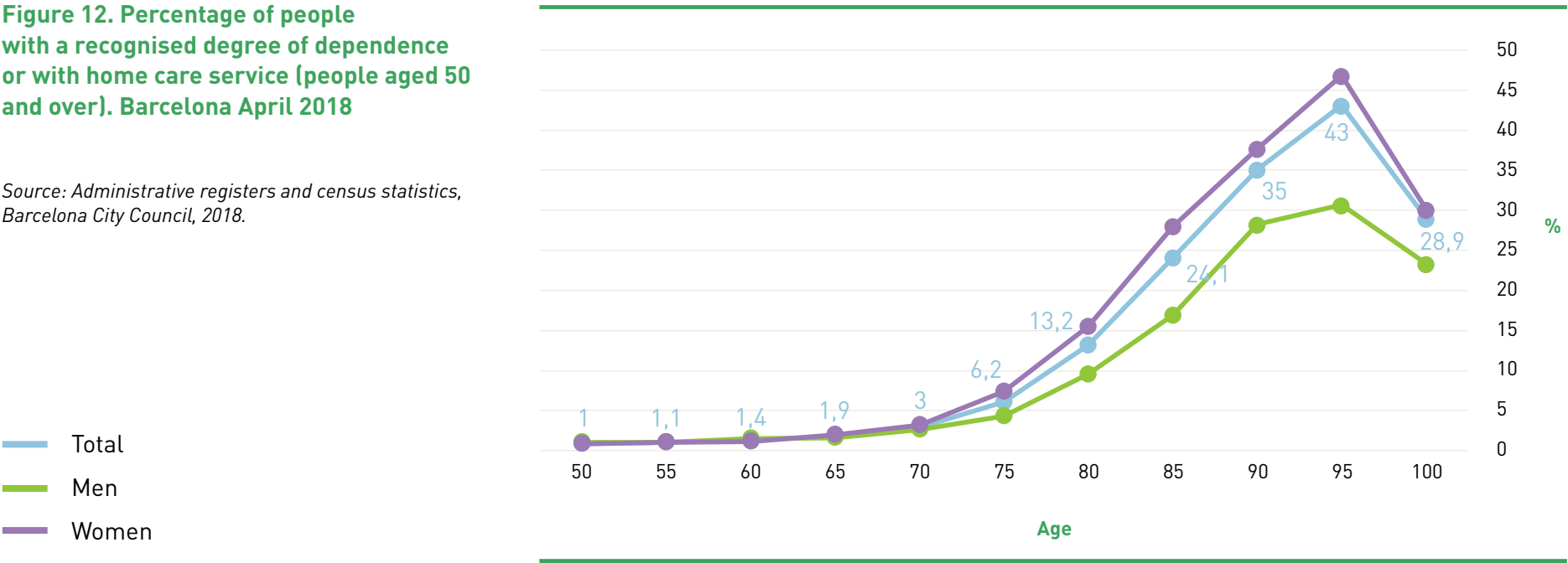
Old age does not necessarily involve dependence, although it is true that this increases with age. Dependence is the state experienced by people who, due to reasons related to the lack or loss of physical, mental or intellectual autonomy, have a major need for assistance or help in order to carry out everyday actions and, in particular, those referring to personal care (Jagger, 2002). In

Barcelona, in 2018, there were 50,000 people with a recognised degree of dependence, according to the Personal Autonomy and Dependency Care Act, or unrecognised dependence, who receive home care service in the city. Of those, 41,000 (82%) are aged 65 or over. Dependency care needs increase significantly and continuously between the ages of 75 and 95, when almost half of the population of this age is recognised as being dependent or uses the Home Care Service (SAD) (Figure 12).

The fact that these people have the recognised status of dependants does not mean that they use SAD (as we will see below). There is a sector of the dependent population that relies on non-professional carers, as established in the Dependency Act. In this area, there are also differences between neighbourhoods and districts (Map 4). These people are concentrated in the districts of Sants-Montjuïc, Horta-Guinardó, Nou Barris, Sant Andreu and, to a lesser extent, Gràcia and Sant Martí.

**Figure 12. Percentage of people with a recognised degree of dependence or with home care service (people aged 50 and over). Barcelona April 2018**

Source: Administrative registers and census statistics, Barcelona City Council, 2018.





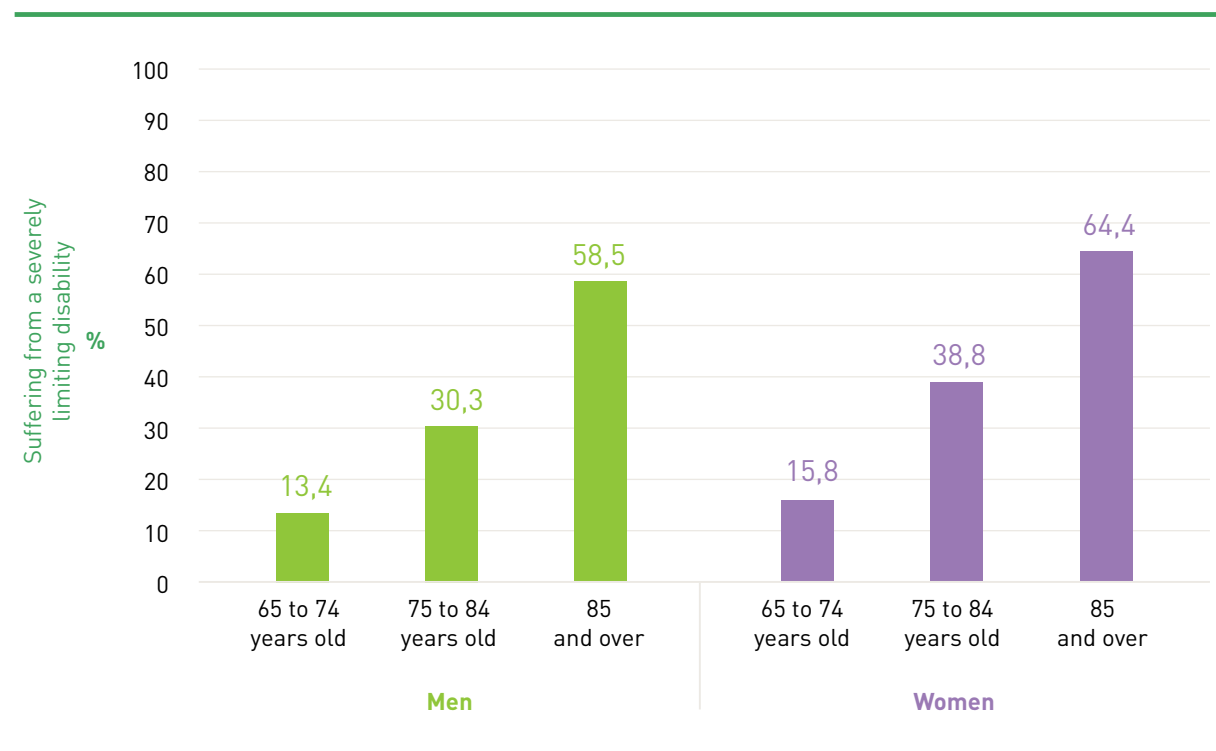
If dependence is observed based on the self-declarations of senior citizens concerning whether they suffer from a significantly limiting disability, it can be seen that, from 85 years old onwards, around 60% of people are in this situation. In general, as can be seen

in Figure 14, there is a greater prevalence of some type of a significantly limiting disability among women than men, a difference that is especially relevant among 64 to 75-year-olds (30% of men and 39% of women).

**Figure 13. Suffering a significantly limiting disability according to age group and gender (people aged 65 or over). Barcelona, 2016**

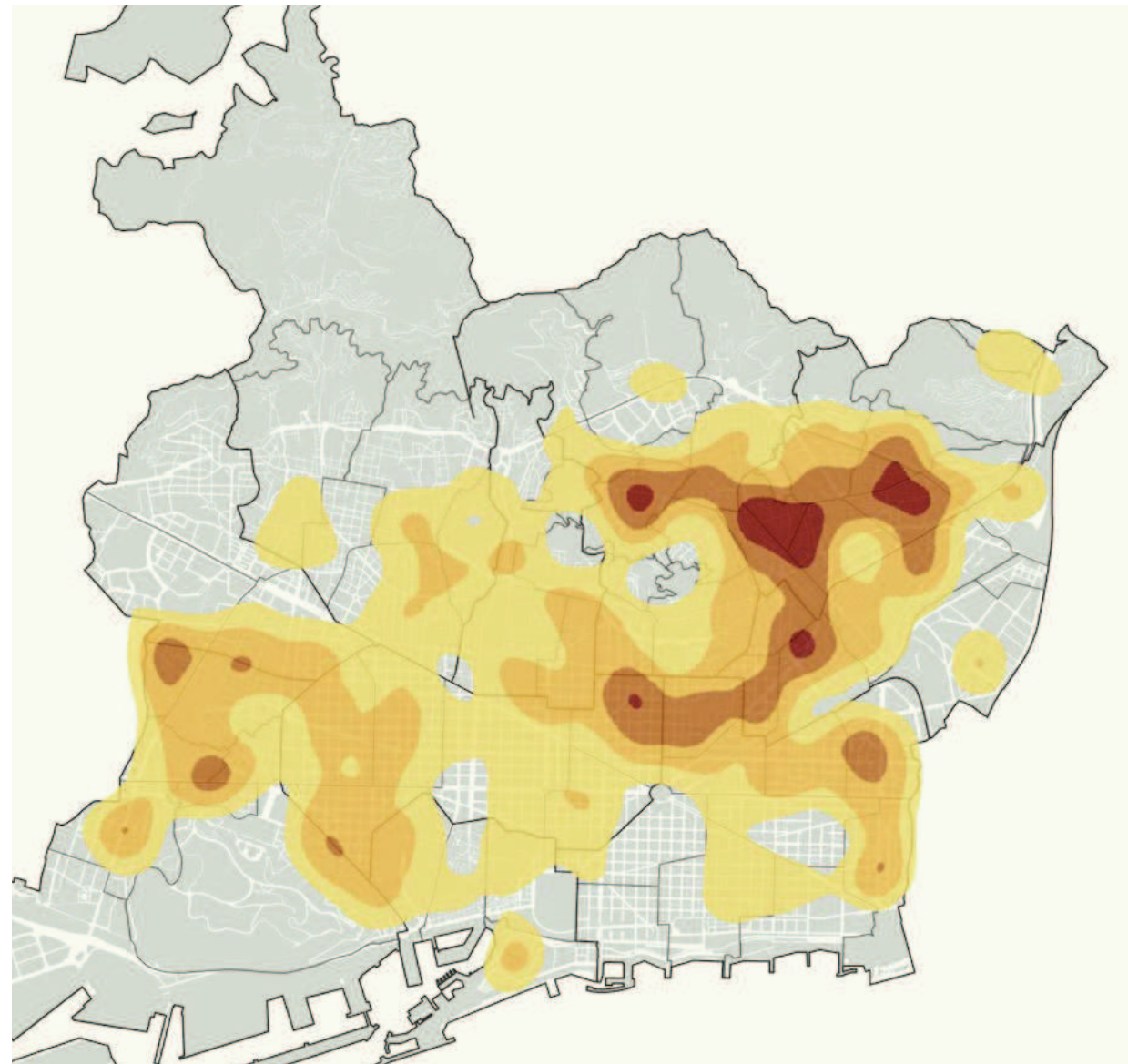
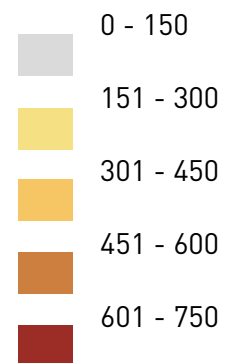
Source: ASPB. Barcelona Health Survey, 2016.

Men Women



**Map 4. Legally recognised dependent people, without SAD and with a non-professional carer, per km<sup>2</sup>. Barcelona, 2018**

**Dependent people, without SAD and with CNF, per km<sup>2</sup>**



Lastly, it should be taken into account that dependent people (including those that have little social support) are more likely to suffer mistreatment. The introduction of detection tools and action protocols in social services has made it possible to start collecting data about this highly invisible phenomenon: in 2017, Barcelona social services centres received 112 cases of attended people aged 65 or over who had suffered some type of mistreatment during that year. Most of these cases concerned psychological or emotional

mistreatment, as well as cases of negligence in the care of these persons.

## 4.4 Risk of psychological suffering

The risk of psychological suffering<sup>1</sup> increases in all age groups, for both men and women. In Barcelona, 16% of men and 20.2% of women aged 16 or over are at risk of psychological

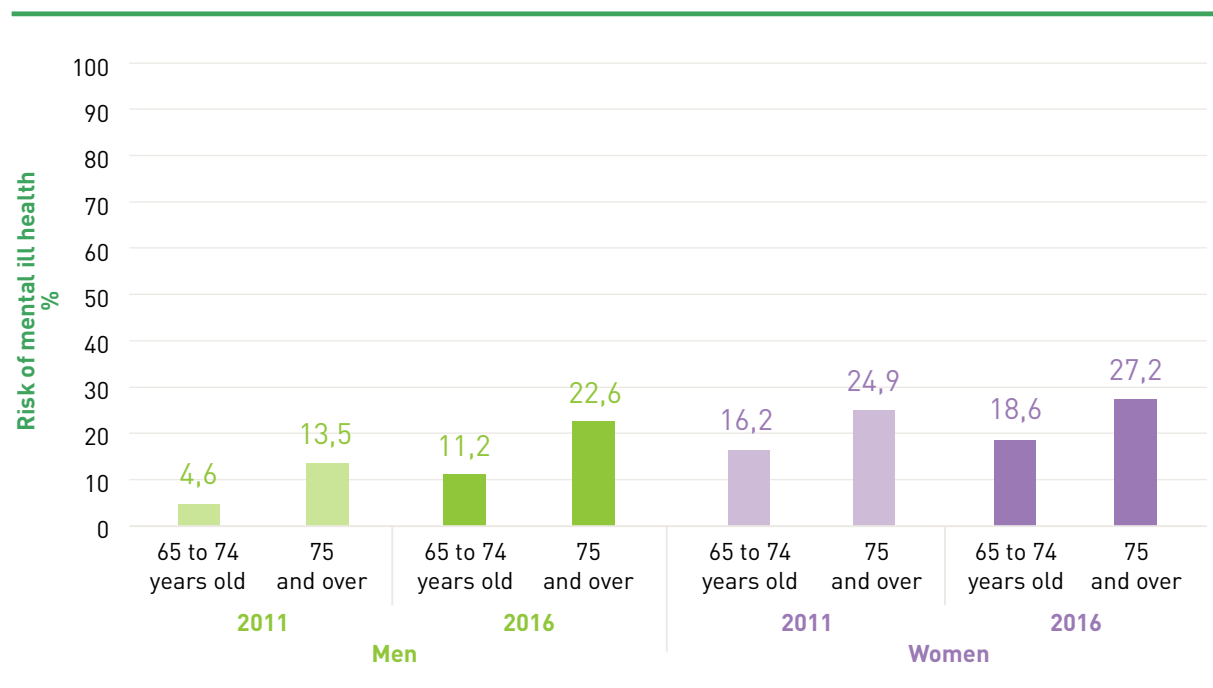
suffering. In senior citizens, 11.2% of men aged 65 to 74 present a risk situation for psychological suffering, while this proportion goes up to 16.2% for women. In addition to the gender factor, from 75 onwards, the risk of mental ill-health increases for both sexes, being 22.6% for men and 27.2% for women (Figure 14).

*1. Indicator used by the ASPB, based on the work of Goldberg (1978).*

**Figure 14. Evolution of risk of psychological suffering according to gender and age (people aged 65 or over). Barcelona, 2011 and 2016**

*Source: ASPB. Barcelona Health Survey, 2011 and 2016.*

Men Women



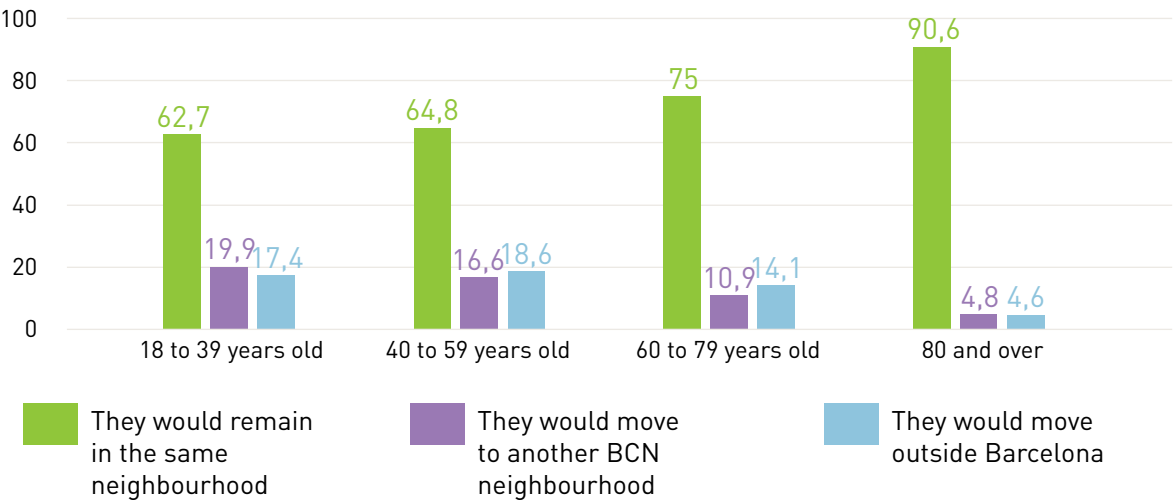
# 05. Housing and remaining in own home

The most common wish of senior citizens (87.3 %) is to continue living in their own homes while they are able to do so *Survey on Senior Citizens, Institute of Senior Citizens and Social Services (IMSERSO), 2010*. In the case of Barcelona, Figure 16 shows that the number

of people who wish to continue living in their own neighbourhoods increases with age. Over 90% of people aged 80 or over state that, in the event of wanting to change their residence and being able to, they would choose their current neighbourhood (Figure 15).

**Figure 15. If they had the opportunity and the means to change their residence, where would they go? By age groups Barcelona, 2016**

Source: Barcelona City Council. Municipal Services Survey.



However, voluntary permanence in their homes depends on a wide range of factors, including the type of ownership, state of health, accessibility and adaptation of the

dwelling, the possibilities of receiving social support and care at home and the existence of relational networks and nearby relatives. Some of these factors are detailed below.

## 5.1 Type of ownership

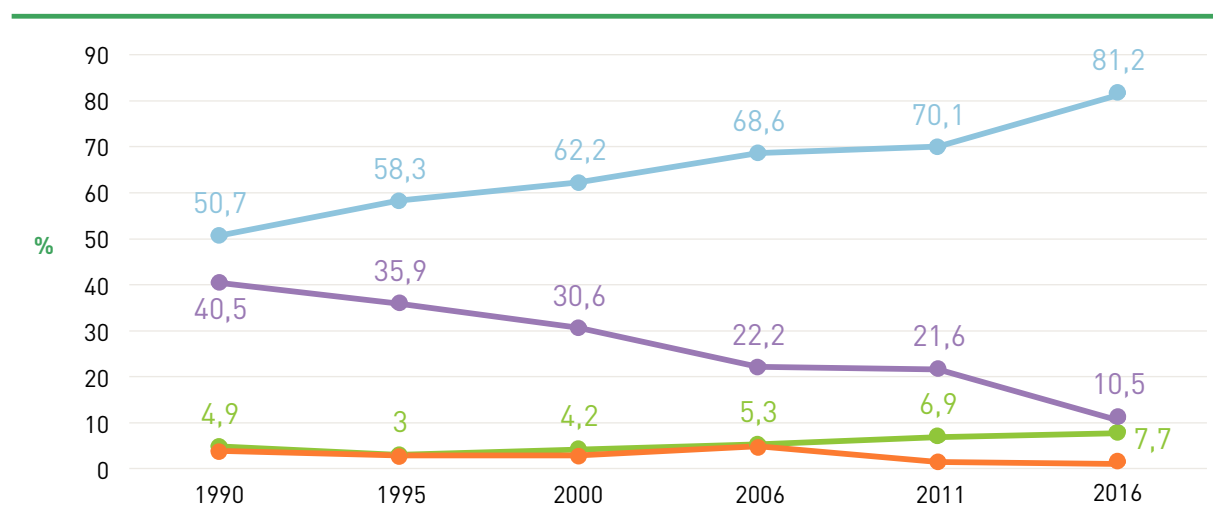
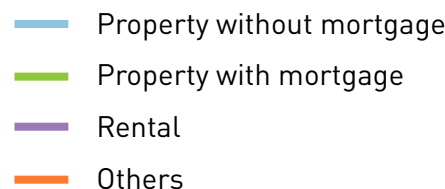
In recent years, there has been an increase in ownership compared to rentals among senior citizens (Figure 16). The explanations for this process are the demise of old-style rental agreements, the economic strain of renting in the free market and, above all, having

prioritised ownership in earlier times of life. Consequently, there has been an increase in the number of senior citizens who own a property that is completely paid for, but there has also been a slight increase in the number of senior citizens with outstanding payments. In general terms, the security of ownership has improved for senior citizens, as well as having a property

asset if they have to face extraordinary expenses, such as entering an old people's residency. However, in the context of increased rental prices and the demise of old-style rental agreements, cases of separation or divorce (also increasingly common among the elderly) can lead to residential vulnerability or the need to change city.

**Figure 16. Evolution of ownership for people aged 65 or over. Barcelona, 1990-2016**

Source: INE, Idescat and IERMB. Survey of Living Conditions and Habits of the Population of Catalonia, and Survey of Living Conditions, 2016.



## 5.2 Accessibility problems

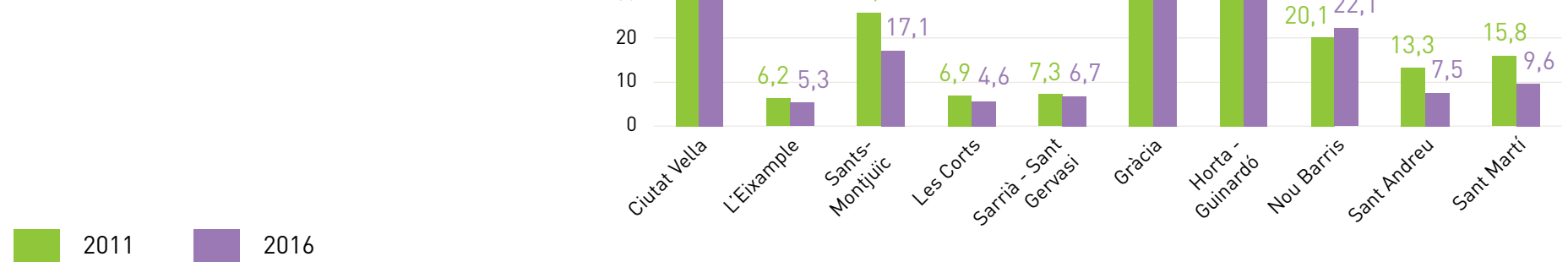
Difficulties with vertical accessibility remain in the districts with the highest concentrations of senior citizens (Nou Barris, Horta-Guinardó, Gràcia) and, more specifically, for senior citizens living alone. The district where

most people aged 65 or over live in buildings with no lift is Ciutat Vella (38.7%), although with a very significant decrease compared to 2011 (60.4%), which may be the combined effect of lift installations and the change in composition of the district's population of people in the 65+ age group, in the sense that, in buildings with lifts, people aged 65

or over remain and more people of that age group arrive, while in buildings without lifts, more people of that age group move out or die (Figure 17). The districts of Horta-Guinardó (36%), Gràcia (34.7%) and Nou Barris (22.1%) are the other city areas where this problem is most serious.

**Figure 17. People aged 65 or over who live without a lift in a building that is two stories high or more, according to district. Barcelona, 2011 and 2016**

Source: ASPB. Barcelona Health Survey, 2011 and 2016.



However, another factor for improving living conditions for senior citizens is the functional adaptation of the dwelling, which includes improving accessibility using ramps and lifts, as well as adapting bathrooms and kitchens, among other things. According to the 2016 Barcelona Health Survey, half of the falls suffered by people aged 65 or over happen in the home. However, there is no data concerning the degree of functional adaptation of the dwelling, in spite of the importance that this factor can have for getting old at home (Hwang *et al.*, 2011).

### 5.3 Single-person households

Living alone does not directly imply loneliness or a need for help, but it can become a vulnerability factor, e.g. when a person's health deteriorates. Data from 2016 concerning this type of household indicate that, after a lull during the crisis, the number of single-person households is increasing among the population in general and more specifically, among senior citizens.<sup>2</sup> In 2016, 26.9% of people aged 65 or over lived alone in Barcelona, which is

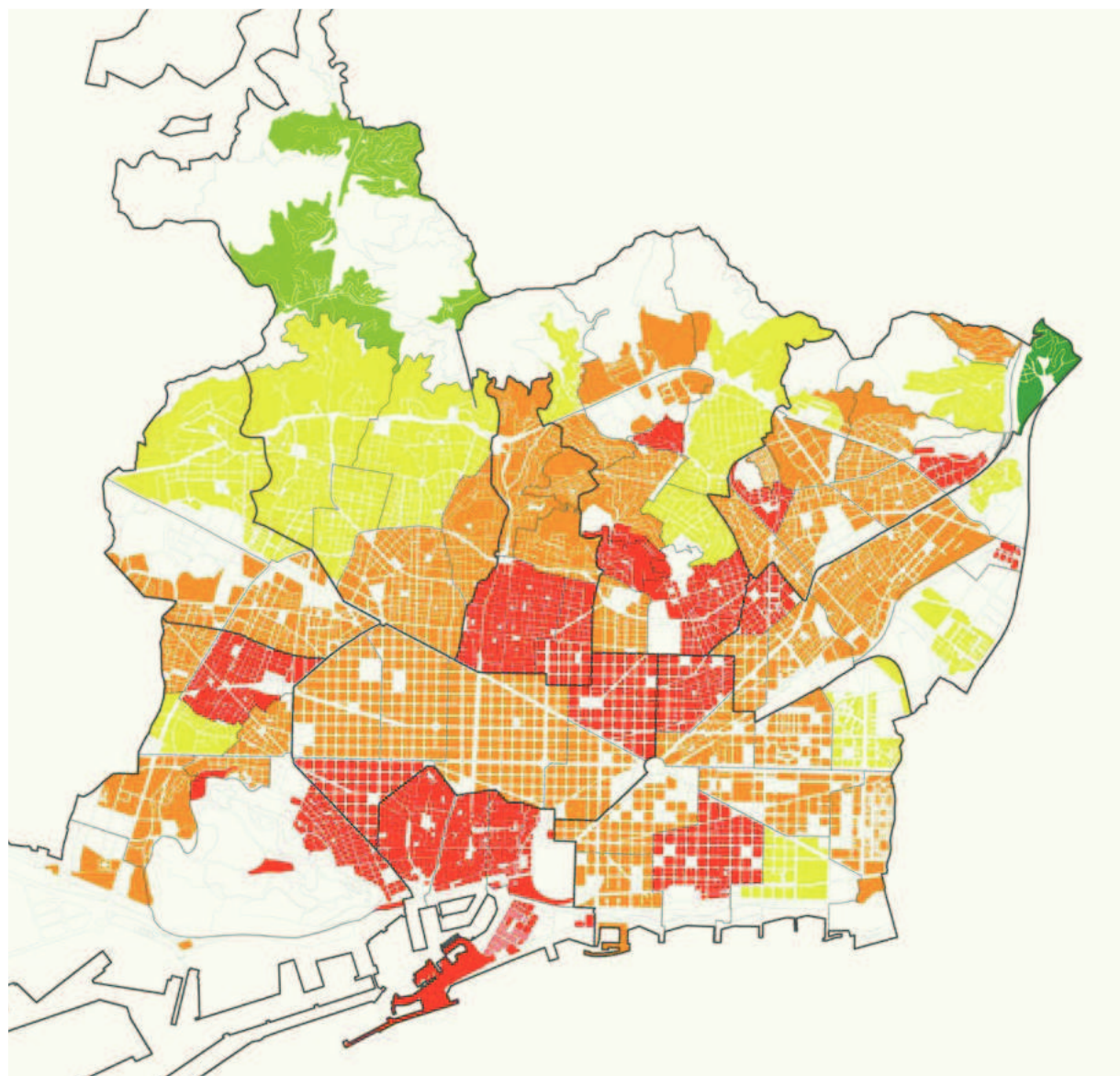
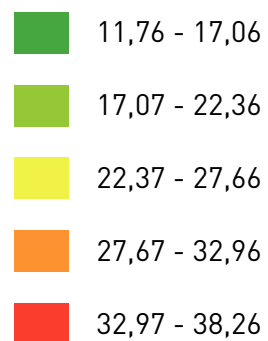
around 95,000 people. If only people aged 74 or over are taken into account, this figure rises to nearly 30% (Figure 18). There are also observable differences between neighbourhoods and districts (Map 5). The percentage of people over the age of 75 who live alone, with respect to the total 75+ population in the same neighbourhoods, are concentrated in Ciutat Vella, Sants-Montjuïc, Gràcia, Horta-Guinardó, Nou Barris and Sant Martí.

<sup>2</sup> Census data on single-person households with senior citizens did not fluctuate significantly during the crisis



**Map 5. Percentage of people aged  
≥75 who live alone as a proportion of the  
neighbourhood's total ≥75 population  
Barcelona, 2017**

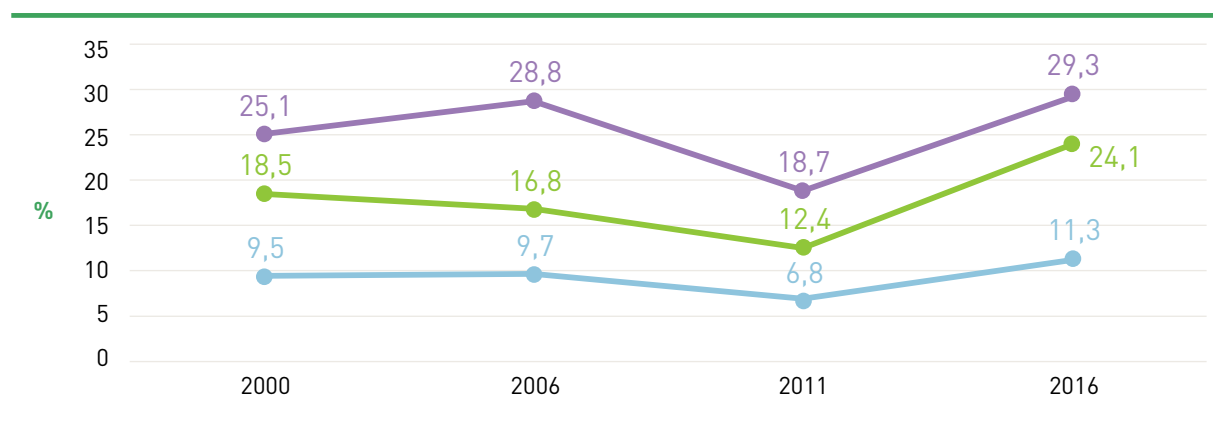
**% of people ≥75 who live alone**



**Figure 18. Single-person households according to age group (people aged 55 or over). Barcelona, 2000-2016**

Source: Idescat and IERMB, Survey of Living Conditions and Habits of the Population of Catalonia, 2000-2011; and INE and Idescat, Survey of Living Conditions, 2016.

- 55 to 64 years old
- 65 to 74 years old
- 75 and over



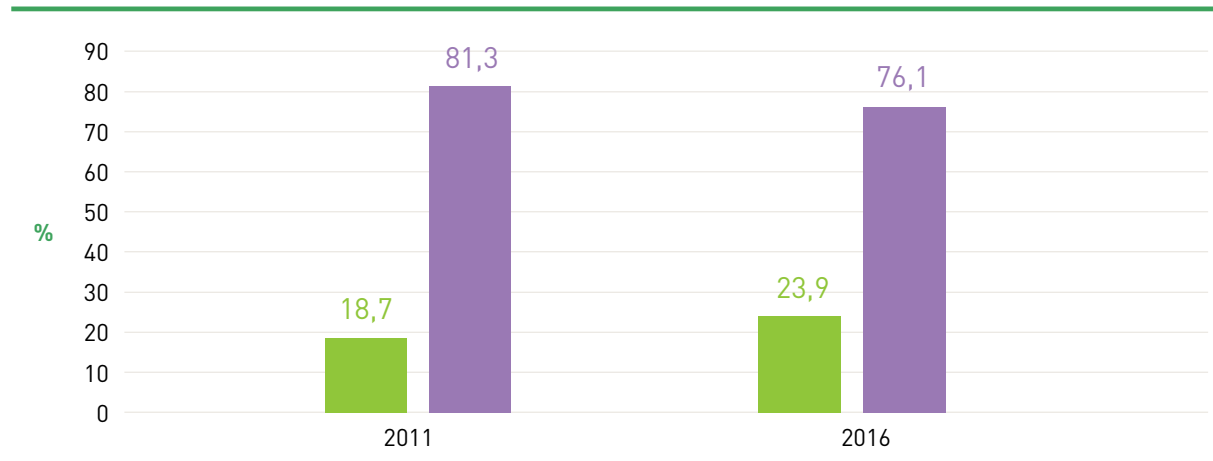
The most relevant characteristic of these households is undoubtedly the number of women: in the population of people aged 65 or over, 76% of single-person households are occupied by women, although there is a downward trend compared to 2011 (Figure 20). It is very likely that the increase in

single-person households in previous age groups reduces the ratio of single-person households occupied by elderly women as a consequence of the death of their partners, and that this tends to reduce the ratio of women in single-person households in the 65 or over population, although it remains very high.

**Figure 19. Composition of single-person households according to gender (people aged 65 or over). Barcelona, 2011 and 2016**

Source: INE, Idescat and IERMB. Survey of Living Conditions and Habits of the Population of Catalonia, 2011; and Survey of Living Conditions, 2016.

- Men
- Women





## 5.4 Social support

Social and affective support for senior citizens is mostly based on their families. As people get older, frequent relations with family members increase in parallel with the decrease in frequent relations with friends (Porcel *et al.*, 2013). Social support is understood as the interactive process through which emotional, instrumental or financial help is obtained from the social network which each person belongs to (Wilkin *et al.*, 1992).<sup>3</sup> Two indicators have been used to evaluate the social and affective support received by senior citizens, from both friends and relations, The

main indicator used is the Duke profile (Broadhead *et al.*, 1988),<sup>4</sup> the result of a battery of eight items, used as a basis for calculating a score from 0 to 100. The more self-perceived social support received by the person, the higher the score. In order to complement this indicator, the subjective variable of whether the person feels that they lack company is also used. In general, high levels of social support and low levels of loneliness are recorded, although these can rise to above 10%.

If various social-support and loneliness indicators are combined by district, differences are observed (Figure 20). Ciutat Vella and Nou

Barris stand out as having the lowest levels of self-perceived social support (an average of 80 points), as well as the highest percentages of people who state that they often feel lonely (11% and 8.9%, respectively). The districts of Sants-Montjuïc and Horta-Guinardó are at the other extreme, with social support measures above 95% and lower percentages of people who often feel lonely (3.3% and 2%, respectively). The situation in the districts of Sant Martí and Gràcia are less clear, with medium and high levels of social support, but also with high percentages of people who often feel lonely (9.6% and 8.2%, respectively).

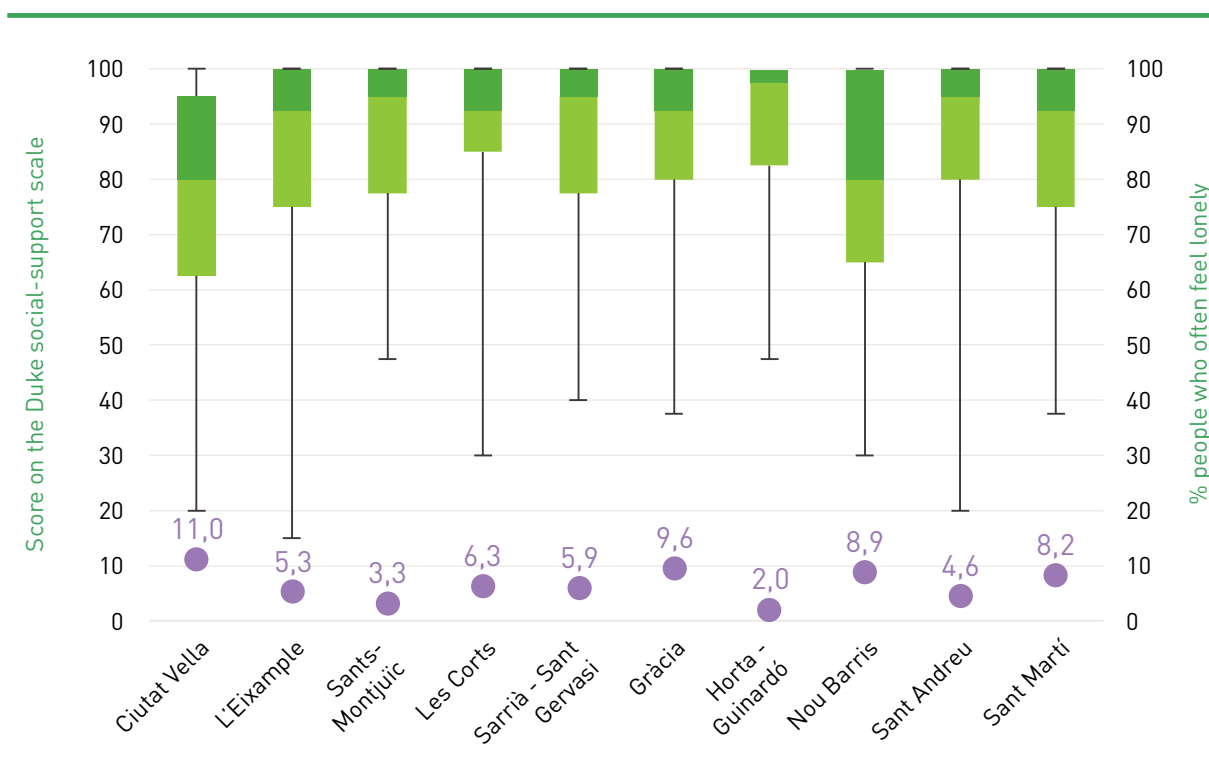
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3. Cited in Bartoll *et al.* (2013).

4. Cited in Bartoll *et al.* (2013).

**Figure 20. Duke social support profile (minimum, 1st quartile, median, 3rd quartile and maximum) and percentage of people who often feel lonely (people aged 65 or over). Districts of Barcelona, 2016**

Source: Barcelona Health Agency. Barcelona Health Survey, 2016.



*A priori*, these differences in social support by district can be explained by the territorial differences in ageing and the senior citizens who live alone, based on the fact that social support decreases with age and the supposition that residential loneliness may be related to less social and affective support. Ciutat Vella and Nou Barris (districts with

less social support and more loneliness) are the districts that show the highest levels of ageing. Ciutat Vella is also the district with the most people who live alone. At the other extreme, Horta-Guinardó, one of the districts with most social support and least feeling of loneliness, is also the second district with the lowest number of senior citizens who

live alone. However, districts like Les Corts or Sants-Montjuïc do not show such clear relationships, which indicates that there may be other explanatory factors and some territorial units, city districts, that are too internally heterogeneous to allow robust explanatory analyses to be made.

## 5.5 Support services at home

The various public administrations offer various services to provide home support for vulnerable, dependent people, either directly or through companies or social organisations. Due to the size of their budgets and the number of people they care for, two of them

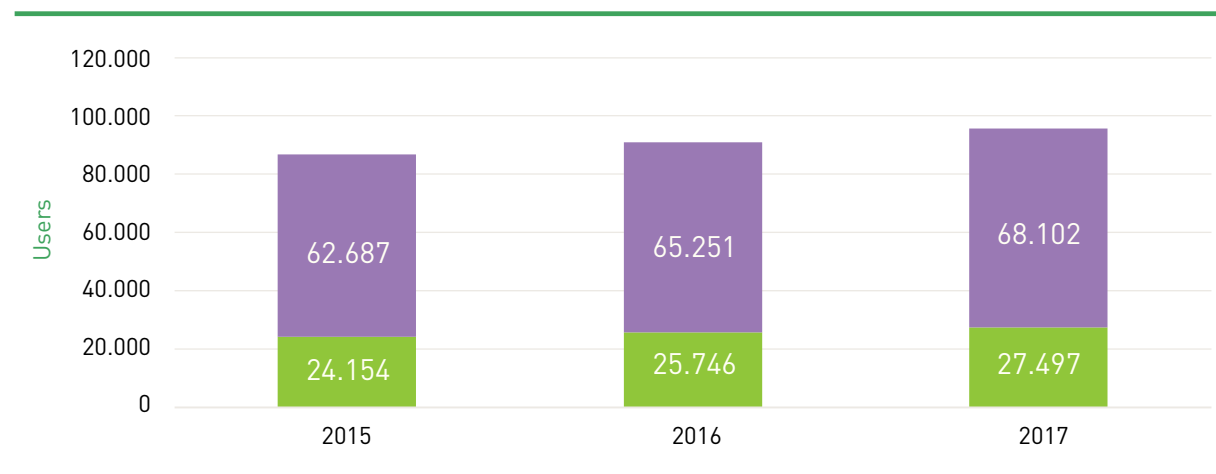
are highlighted below, namely, the telecare service and the group of services included in the home-care service.

The telecare service offers 24-hours-a-day care, 365 days a year, to senior citizens and dependent or disabled people, by mobilising the service's own resources, those of the user or those existing in the community. The service also takes preventive action through continual

contact with the user and by attending requests concerning loneliness, isolation and insecurity. Over 95,000 people currently use this service and 71% of them are women (Figure 21). Although this is not a service exclusively dedicated to senior citizens, the average age for users is 82, for men, and 83 for women. In recent years, an increase of 4,600 users a year has been registered, i.e. nearly 13 new people every day.

**Figure 22. Users of the telecare service by gender. Barcelona, 2015-2017**

Source: Barcelona City Council.



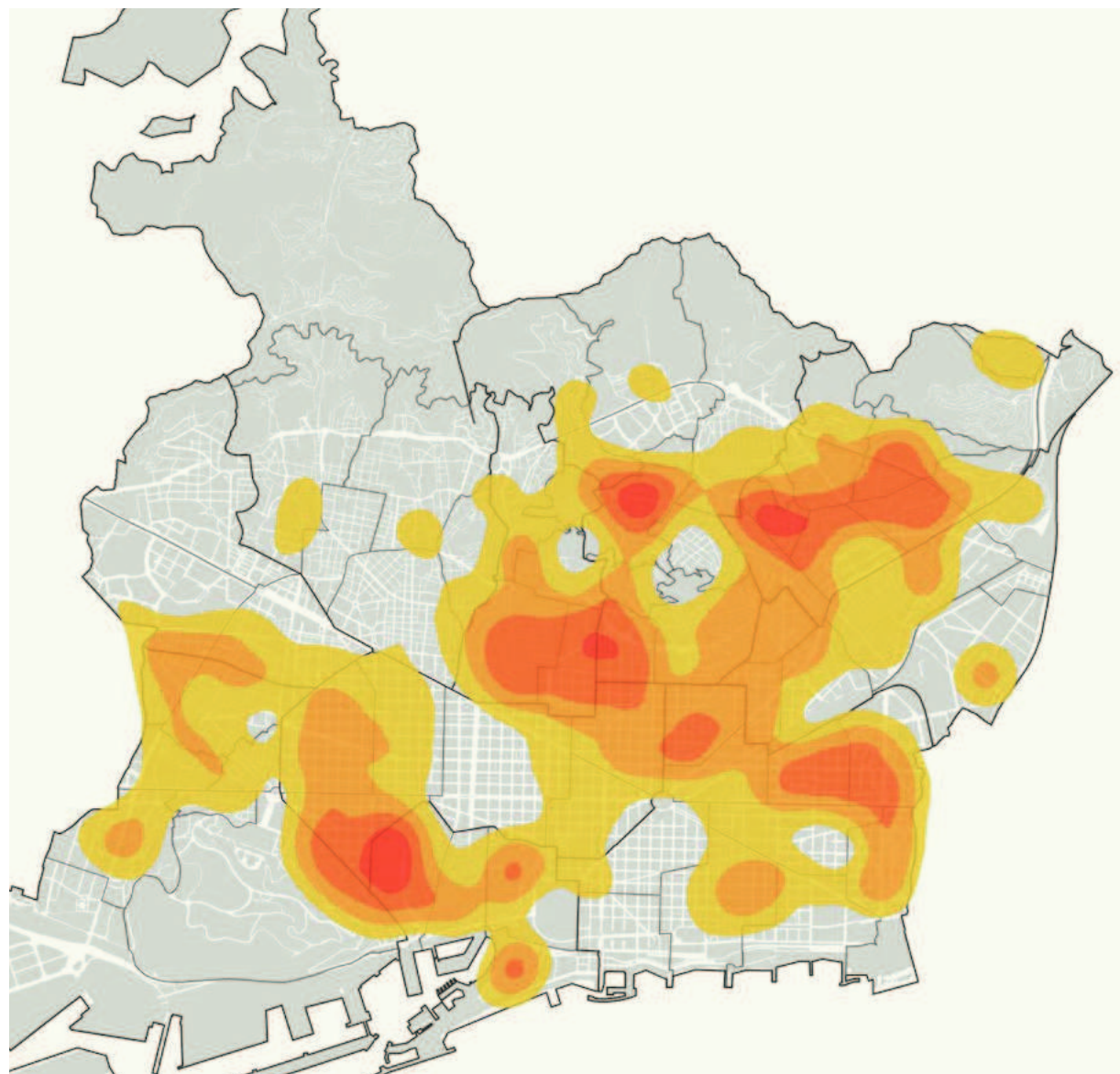
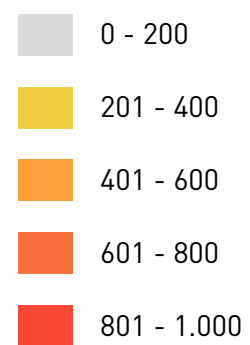
El servei d'atenció domiciliària (SAD) inclou tasques relacionades amb la llar (netejar, fer el llit, cuinar, rentar la roba, etc.) i amb la cura personal (vestir-se, higiene, etc.) de persones o famílies que es troben, per motius físics o socials, en situacions de manca d'autonomia temporal o permanent per po-

der realitzar les tasques habituals de la vida quotidiana. Actualment hi ha 23.811 persones que són usuàries d'aquest servei a Barcelona, un 72 % dones, amb un increment respecte a l'any anterior de 2.300 persones, més de 6 noves al dia (gràfic 22). Com s'observa al mapa 6, les persones usuàries del SAD es

concentren en determinats barris i districtes, concretament a Ciutat Vella, Horta-Guinardó, Gràcia, Sant Martí i Nou Barris. D'altra banda, destaca que el 91 % de les persones que treballen en el servei són dones.

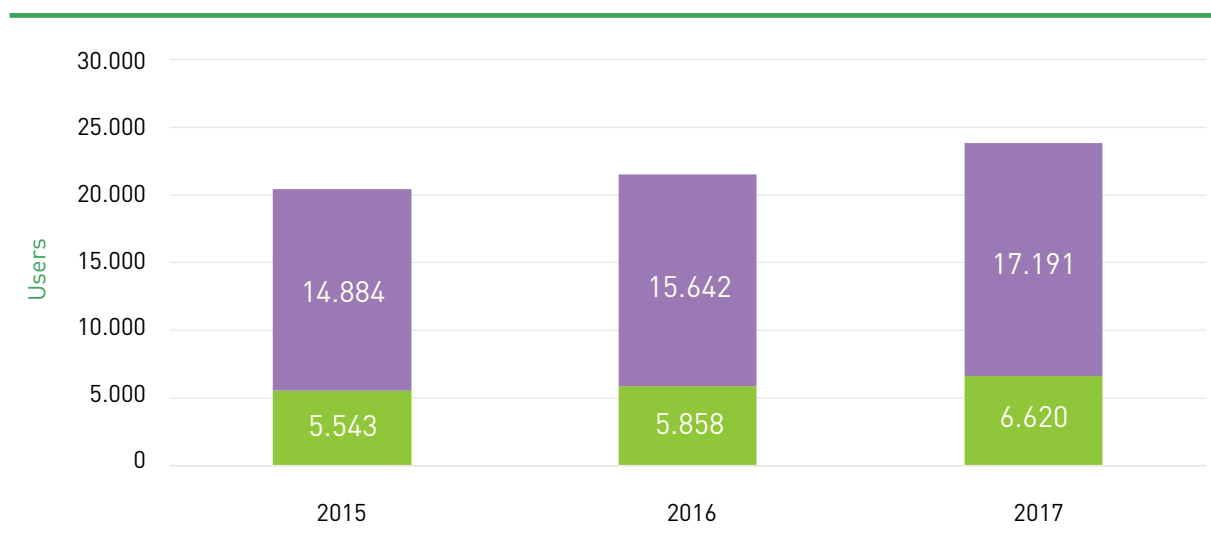
**Map 6. SAD users per km<sup>2</sup>.  
Barcelona, 2018**

**SAD users per km<sup>2</sup>**



**Figure 22. Users of the home-care service by gender. Barcelona, 2015-2017**

Source: Barcelona City Council.



## 5.6 Day centres and residences for senior citizens

The previous data only refers to senior citizens who live in their own homes. When home care is deemed to be insufficient, there is the public and private resource of day centres or institutionalisation in residences. In Barcelona, there are currently 13,051 places in residences or homes for the elderly, and 2,736 places in day centres, including

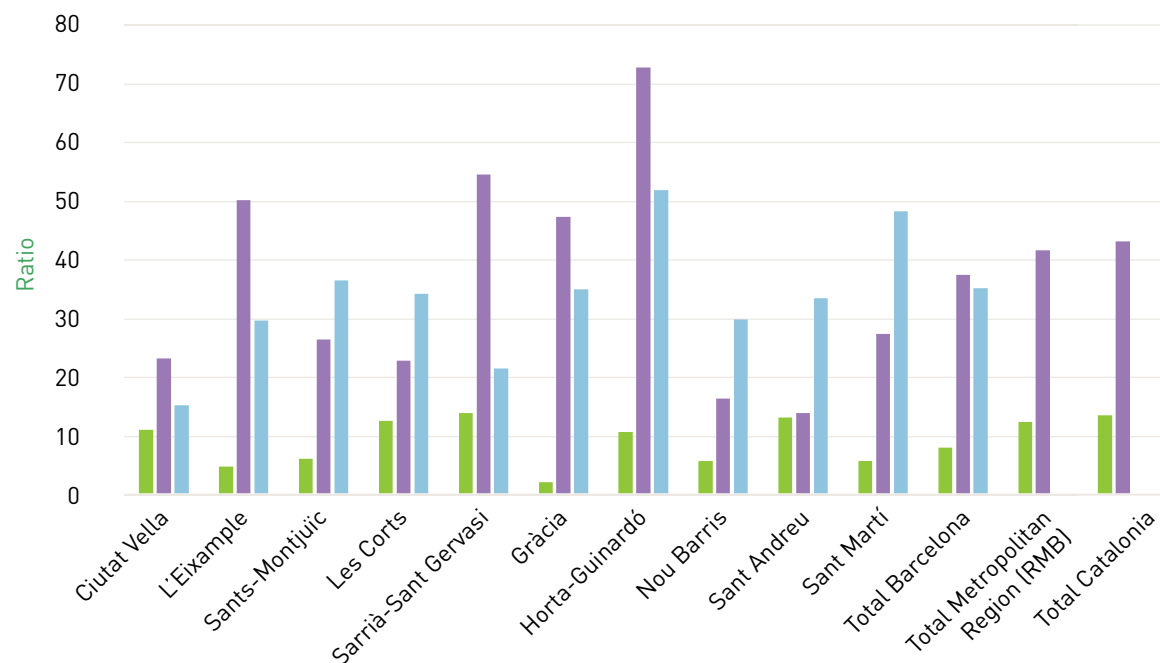
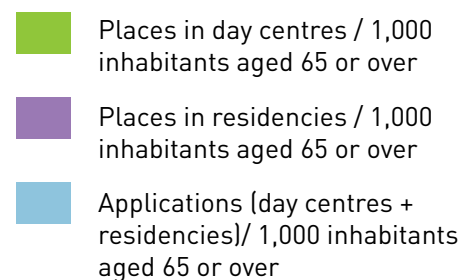
public, subsidised and private centres. Map 7 indicates where these residences and day centres are concentrated, including public, private and subsidised centres, mostly in L'Eixample and Sarrià-Sant Gervasi, followed by Gràcia and Horta-Guinardó. The ratio of Barcelona residences for every 1,000 people aged 65 or over is 32.9 places in residences and 7.8 places in day centres. In Catalonia as a whole, these ratios are 43.2 and 13.5 places, respectively. There are therefore a lower number of these facilities in the city<sup>5</sup> compared to the rest of Catalonia. However, there are major differences between districts:

L'Eixample, Gràcia and Horta-Guinardó show above-average ratios for Catalonia, while those ratios are lower than average in Sant Andreu, Nou Barris, Ciutat Vella, Sants-Montjuïc and Les Corts (Figure 23).

*5. According to the Catalan Ministry of Social Affairs, Employment and Families' 2015-2017 territorial programme, the programme objectives are to achieve 23.7 places for every 1,000 inhabitants aged 65 or over. For day centres, the objective for 2012 was a ratio, throughout Catalonia, of 6.2 places for every 1,000 inhabitants aged 65 or over.*

**Figure 23. Applications and places in day centres and residences for every 1,000 inhabitants aged 65 or over. Districts of Barcelona, 2017**

Source: Barcelona City Council and Idescat.



In 2018, there are 8,063 people on the waiting list for senior citizen residential centres in Barcelona, but someone who already has a residential place can also remain on the waiting list for another centre, if they so wish. Therefore, there are 3,942 people on the waiting list who still reside in their own homes

or are in temporary admission situations, such as the Emergency Care Service for the Elderly (SAUV); 4,121 people are already in a residential resource but, for various reasons, they would prefer to change location (Figure 24). Public residences are the most in demand (36% of applications) followed by subsidised

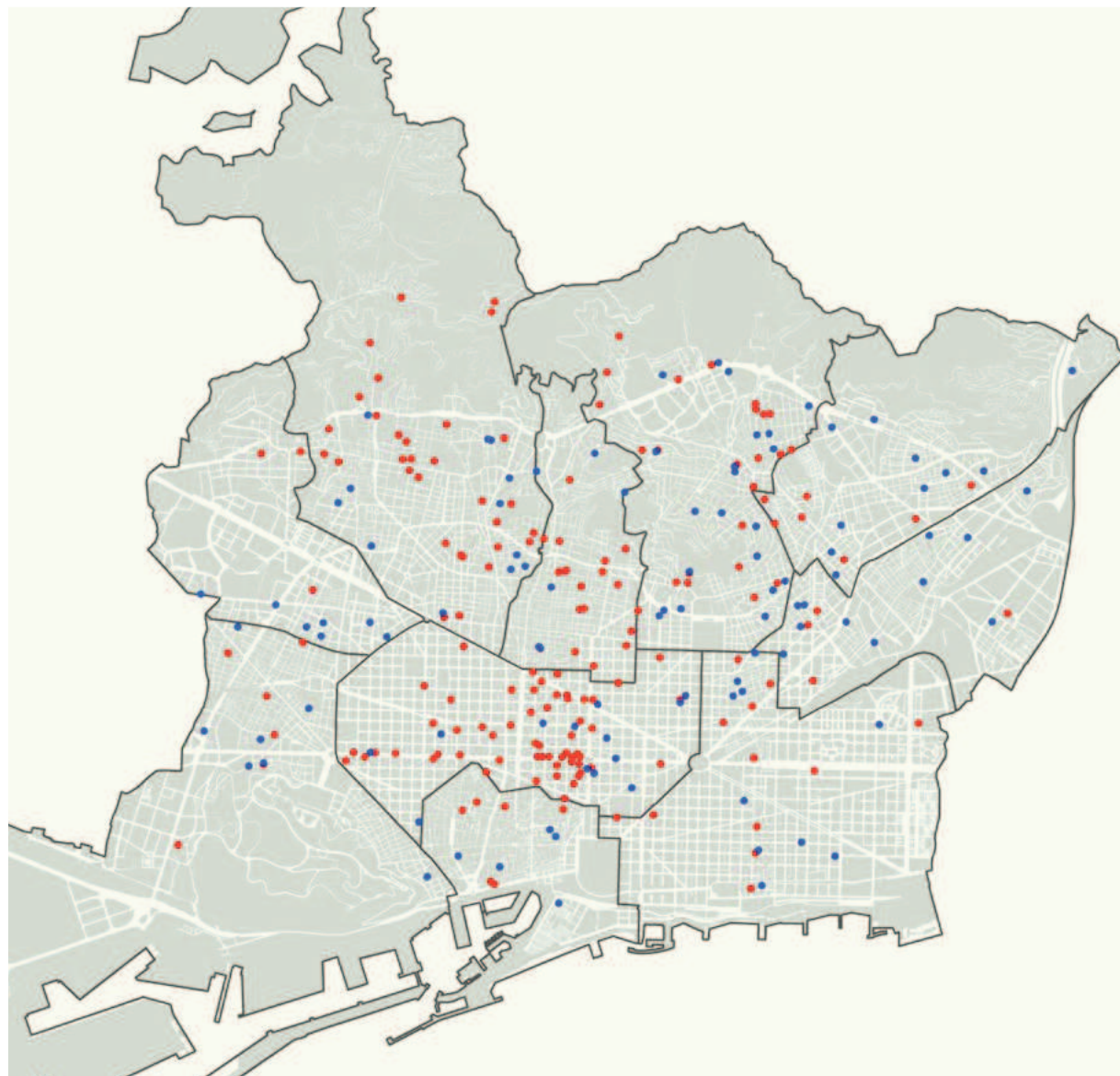
centres (30%). The waiting time for entering a residence varies according to the type (public, subsidised, collaborators, accredited private centres) and their geographical location, and range from 13 months for residences in Ciutat Vella to 56 months for residences in Sant Andreu.



**Map 7. Day centres and public, private and subsidised residences. Barcelona, 2017**

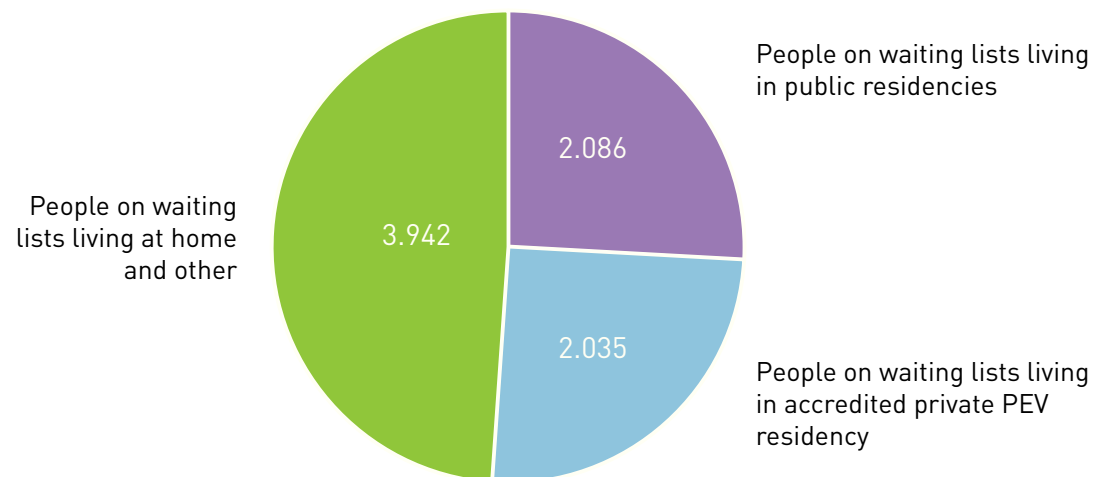
**Establishments for senior citizens**

- Day centres
- Residencies



**Figure 24. People on waiting lists for elderly residential resources, according to the current situation.  
Barcelona, March 2018**

*Source: Barcelona Social Services Consortium.*





## 06. Social and community participation

State of health and economic resources are both factors that explain differences in the well-being of senior citizens. However, recent studies (Age UK, 2017) indicate that social and community participation is just as important as those two factors, or even more so, for a better quality of life for senior citizens. In earlier times of life, feeling connected and involved in life around them was mostly achieved through work. However, in old age, this can be channelled through social, cultural and community activities. At the same time, this involvement signifies an enormous potential for the social and economic development of society as a whole. However, there are various barriers that must be overcome in order to strengthen and value the participation of senior citizens, and one of these is age discrimination. The City Council's Office for Non-Discrimination (OND) received 22 complaints for this reason from 2013 to 2018.

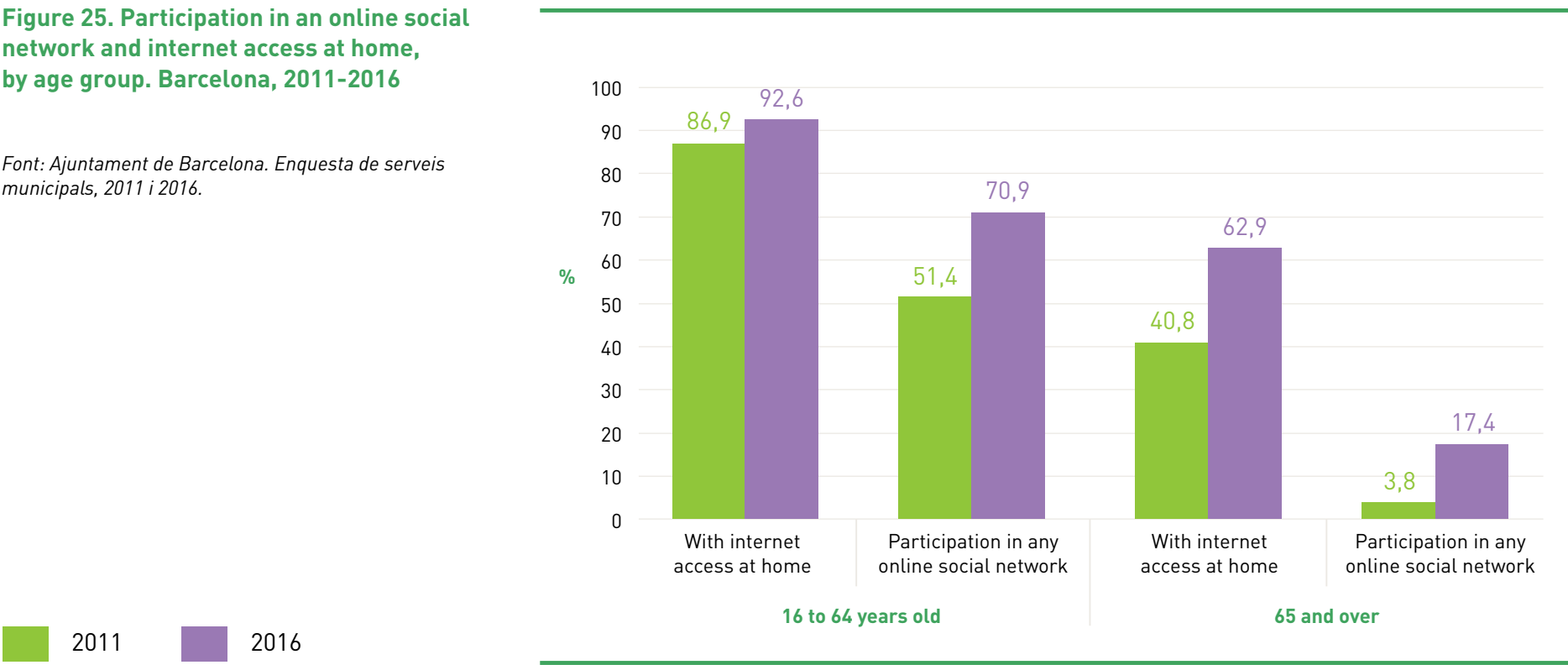
We will now evaluate the social and community participation of senior citizens, using indicators concerning attendance at group activities, participation in online social networks and participation in community activities and associations, from various data sources.

Regarding the internet, there is an evaluation of two indicators concerning two different types of digital gaps: access to the internet and the use of digital tools, in this case, social

media. Firstly, it should be noted that, in the last five years, there has been an improvement in both indicators for the population as a whole; this improvement has been especially accelerated among senior citizens. As people who use these digital tools socially reach the age of retirement, there is a notable increase in their access and use among senior citizens (Loos and Mante-Meije, 2012), as well as the potential for reducing relational isolation through this type of tool. However, in spite of the improvement, it should be noted that there are still major differences between senior citizens and the rest of the population: 92.6% of the population aged between 16 and 64 have internet in their homes, while this percentage decreases to 63% for people aged 65 or over. This fracture runs deeper when the use of social media is observed: only 17.4% of senior citizens participate, while nearly 70% of the rest of the population takes part (Figure 25). This limited use can be explained by various factors that are more commonly seen in advanced ages, such as a lack of knowledge about digital tools, a fear of using them, health problems (e.g. sight), and a lack of motivation. However, the deficient design and usability of the platforms and applications themselves are also factors (Alfama *et al.*, 2016).

**Figure 25. Participation in an online social network and internet access at home, by age group. Barcelona, 2011-2016**

Font: Ajuntament de Barcelona. Enquesta de serveis municipals, 2011 i 2016.



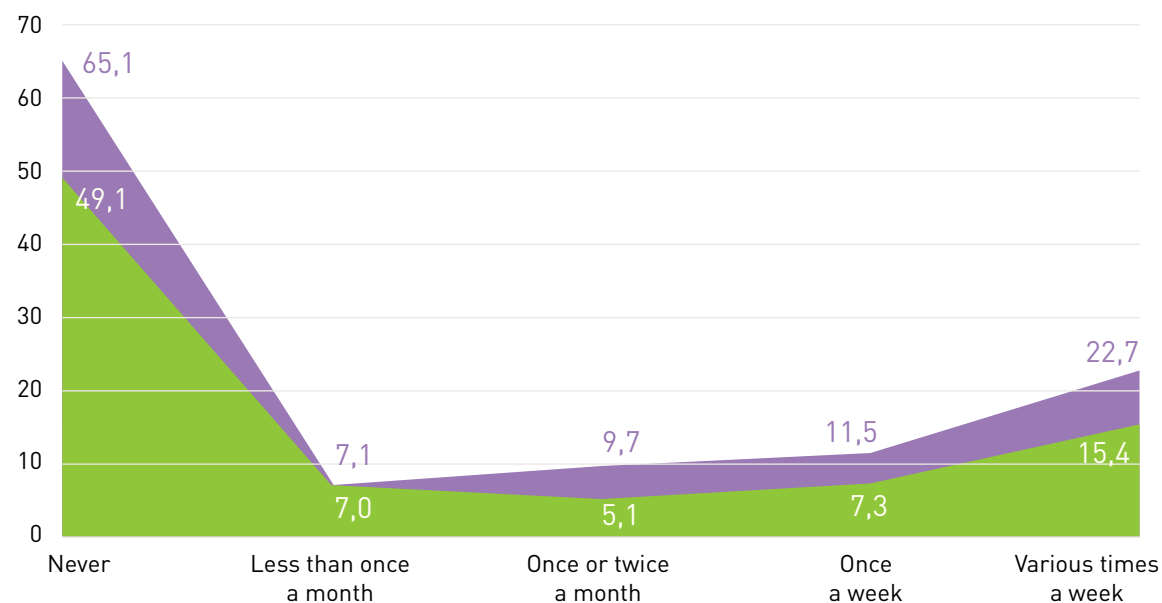
The indicator concerning attendance at organised group activities by people aged 65 or over<sup>6</sup> expresses differences in both age and district, but not by gender. In general, we find a graph in which the vast majority of elderly people do not do this type of activity, while by contrast, there is a very active minority of

people. As many as 65.1% of people aged 75 or over state that they never attend activities of this kind, while 15% say that they go several times a week. With regard to people in the 65-74 age group, this figure ranges between 23 and 49% (Figure 26).

6. This indicator is only available for 2016 and for people aged 65 or over. We are therefore unable to compare the target population with the rest of the population.

**Figure 27. Group activity attendance, according to age group (people aged 65 or over). Barcelona, 2016**

Source: Barcelona Health Agency. Barcelona Health Survey, 2016.

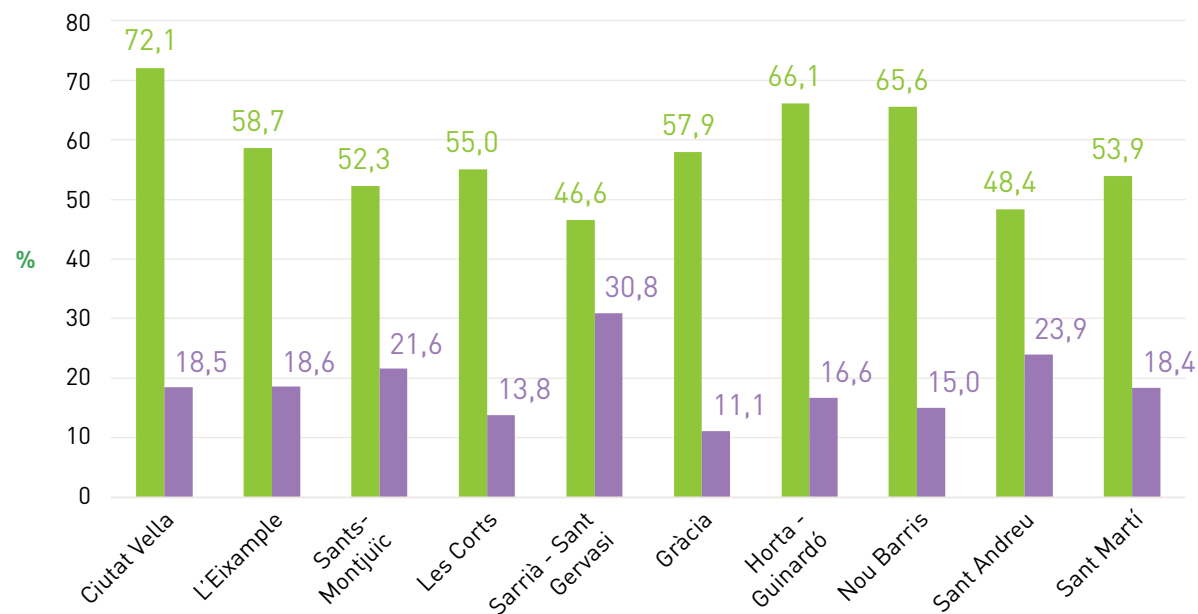
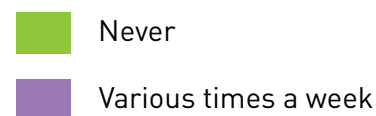


There are territorial differences by district, although the data in this territorial scale conceals a wide variety of situations in each of the areas (Figure 27). Ciutat Vella is the district where the highest number of senior citizens never attend group activities (72.1%),

followed by Horta-Guinardó (66.1%) and Nou Barris (65.1%). Sarrià-Sant Gervasi stands out as the district where the most senior citizens do group activities (30%), followed by Sant Andreu (23.9%).

**Figure 27. Group activity attendance, according to district (people aged 65 or over). Barcelona, 2016**

Source: Barcelona Health Agency. Barcelona Health Survey, 2016.



With regard to associations, the most relevant data is that more senior citizens are association members than the other age groups (35.6%) and that they mostly join social, cultural and health organisations, as well as local resident associations. More men than women join

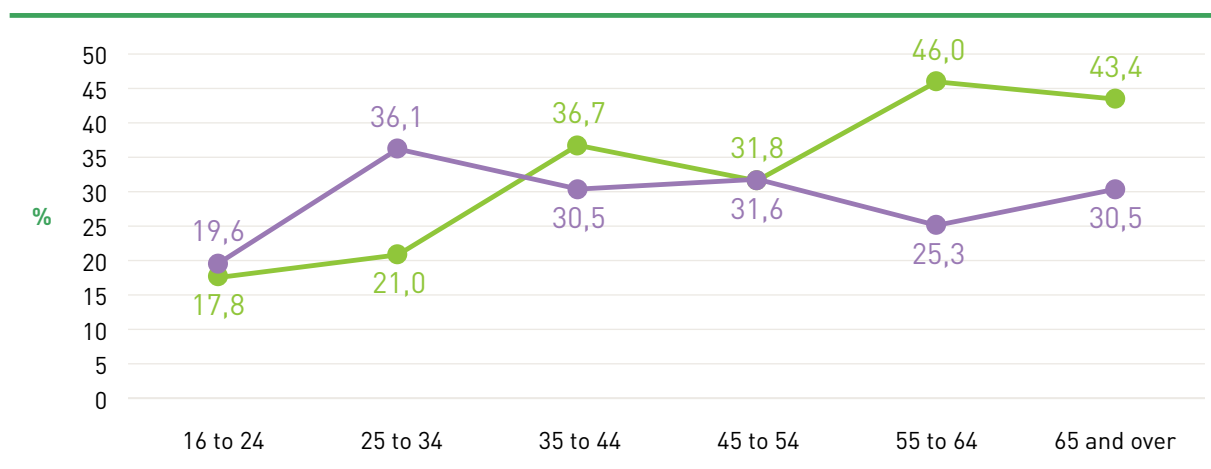
associations (43.4% and 30.5%, respectively), a difference which varies according to age group. Among the younger population, there are more women association members, among people aged between 35 and 54, the proportion balances out, and from 55 onwards, there are

more men. It must be taken into account that these indicators may be influenced by both age and generation. More people with higher education join associations, both for the 65+ age group and all the other age groups (Figure 28).

**Figure 28. Association membership, according to gender and age group. Barcelona, 2017**

Source: Barcelona City Council. Citizen Participation Survey, 2017.

- Association members, men
- Association members, women



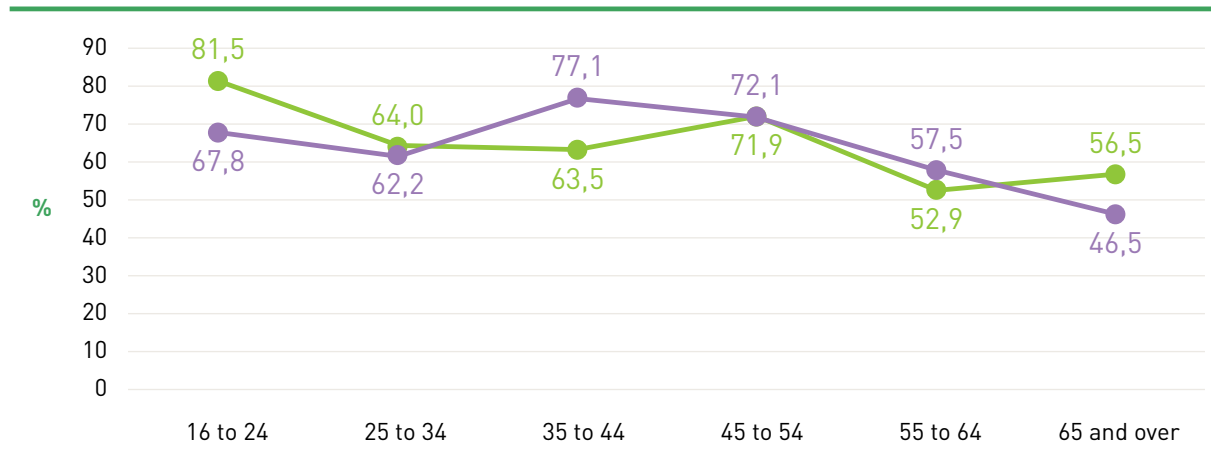
Apart from whether they are association members or not, attendance at community activities (political, cultural, charity, religious, etc.) has also been observed, which complements the above participation indicators.

According to this indicator, senior citizens take part in community activities less often than the other age groups, especially women, only 46% of whom participate (Figure 29).

**Figure 29. Participation in community activities, according to age group and gender. Barcelona, 2017**

Source: IERMB. Social and Urban Cohesion Survey.

- Men
- Women



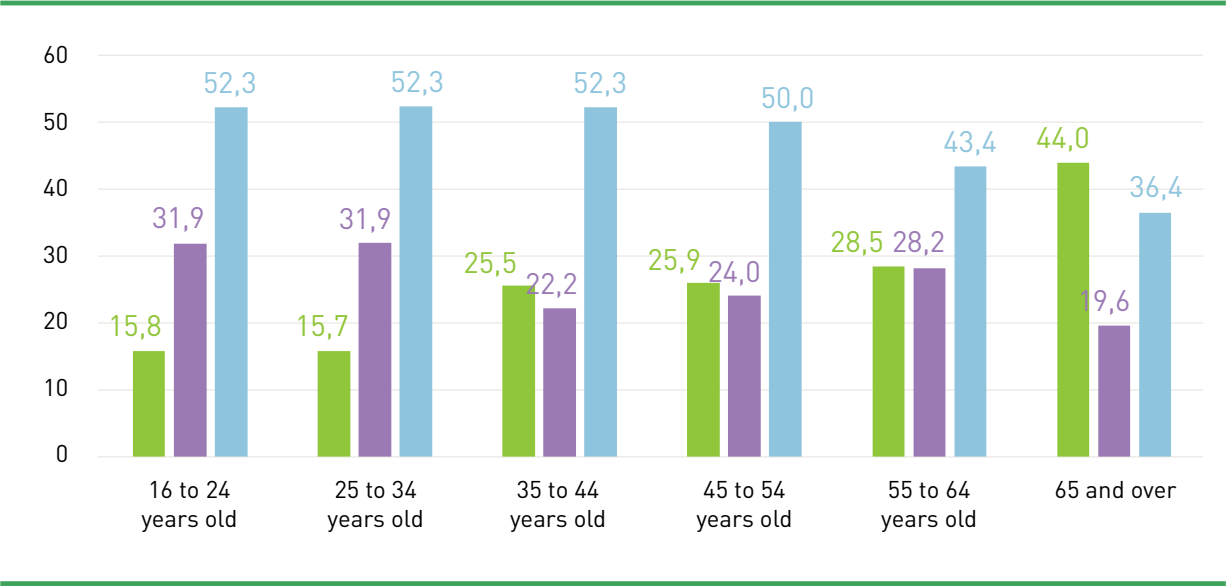
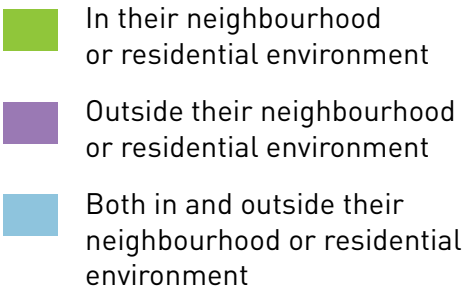
It is also relevant to know whether the people taking part in community activities do so in their own neighbourhood or outside. In this sense, the data shows that, as people get

older, the greater their preference for doing activities in their own neighbourhoods: 44% of people do activities in their neighbourhoods, while 36% do them within and out-

side their neighbourhoods. By contrast, in this age group, attending activities outside their own neighbourhood decreases to 19.9% (Figure 30).

**Figure 30. Place for attending community activities, according to age group. Barcelona, 2017**

Source: IERMB. Social and Urban Cohesion Survey.



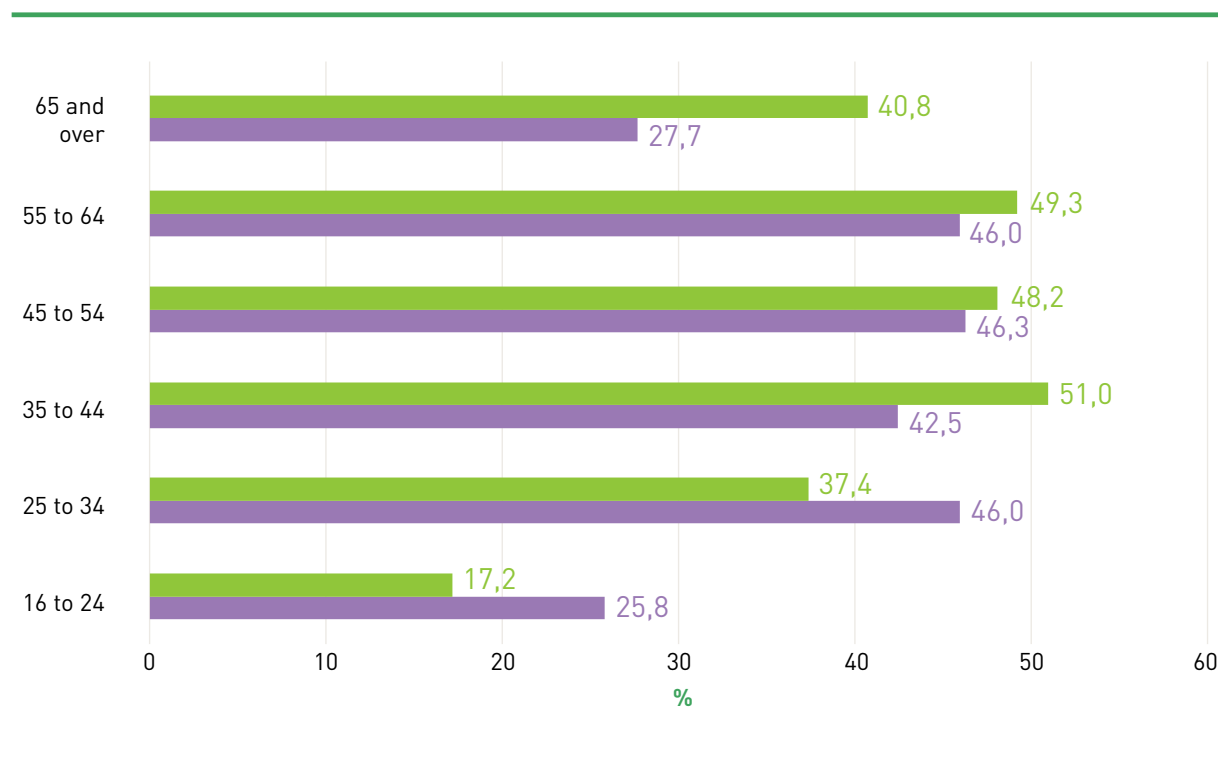
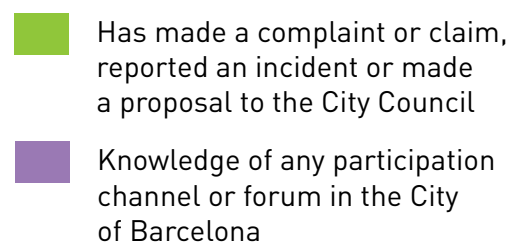
Lastly, citizen participation in the City Council has been evaluated according to two indicators: one concerning the practice, and the other concerning knowledge of the participation mechanisms (Figure 31). A total of 40.8% of senior citizens have presented some sort of complaint, incident or proposal to the

City Council, a lower figure than for the other age groups, which stands at around 50%. Furthermore, along with the youngest age group, senior citizens are the population that has least knowledge about City Council participation channels and forums.<sup>7</sup> There is no relevant difference by gender for these two indicators.

*7. According to the Municipal Services Survey of April-June 2016, 89% of people aged 65 or over do not know about any citizen participation body. This figure is 80% for the 18-64 age group.*

**Figure 31. Various participation indicators, according to age group. Barcelona, 2017**

Source: Barcelona City Council. Citizen Participation Survey, 2017.





## 07. Residential movement, by age group





## 0 to 19 age group

Source: exploitation of municipal resident register for 2011 to 2016.

	Registration 2011-2016	Deregistration 2011-2016	Balance 2011-2016	Total stock average (annual)
<b>TOTAL</b>	<b>91,441</b>	<b>81,849</b>	<b>9,592</b>	<b>1,599</b>
<b>Gender</b>				
Women	43,769	39,435	4,334	722
Men	47,672	42,414	5,258	876
<b>Nationality</b>				
Spain	40,033	44,440	-4,407	-735
European Union	7,405	5,934	1,471	245
Non-EU	43,977	31,465	12,512	2,085
Stateless / No information	26	10	16	3
<b>Education (1)</b>				
<b>Neighbourhood localisation</b>				
Very high-income neighbourhoods	11,660	8,920	2,740	457
High income neighbourhoods	4,136	3,538	598	100
Medium-high income neighbourhoods	14,708	13,081	1,627	271
Medium-low income neighbourhoods	20,185	18,243	1,942	324
Low income neighbourhoods	23,317	21,418	1,899	317
Very low-income neighbourhoods	17,426	16,632	794	132
No information	9	17	-8	-1
<b>Origin / destination</b>				
Catalonia	32,500	33,930	-1,430	-238
Rest of Spain	9,698	8,929	769	128
Abroad	30,924	5,542	25,382	4,230
Unidentified	18,319	33,448	-15,129	-2,522

## 20 to 39 age group

Source: exploitation  
of municipal resident  
register for 2011 to  
2016.

	Registration 2011-2016	Deregistration 2011-2016	Balance 2011-2016	Total stock ave- rage (annual)
<b>TOTAL</b>	<b>354,368</b>	<b>313,514</b>	<b>40,854</b>	<b>6,809</b>
<b>Gender</b>				
Women	174,638	148,019	26,619	4,437
Men	179,730	165,495	14,235	2,373
<b>Nationality</b>				
Spain	116,651	116,124	527	88
European Union	59,404	43,370	16,034	2,672
Non-EU	178,102	153,900	24,202	4,034
Stateless / No information	211	120	91	15
<b>Education</b>				
No education	3,650	4,863	-1,213	-202
Primary school / school certificate / general basic education	54,199	57,999	-3,800	-633
Secondary school / secondary school certificate / ESO / FPI	63,549	66,467	-2,918	-486
Higher secondary education / BUP / COU / FPII / CFGM	77,127	73,745	3,382	564
University studies / CFGS	155,663	110,235	45,428	7,571
No information	180	205	-25	-4
<b>Neighbourhood localisation</b>				
Very high-income neighbourhoods	30,432	25,499	4,933	822
High income neighbourhoods	19,288	15,293	3,995	666
Medium-high income neighbourhoods	74,049	62,883	11,166	1,861
Medium-low income neighbourhoods	90,694	78,226	12,468	2,078
Low income neighbourhoods	94,084	83,930	10,154	1,692
Very low-income neighbourhoods	45,785	47,627	-1,842	-307
No information	36	56	-20	-3
<b>Origin / destination</b>				
Catalonia	108,965	103,292	5,673	946
Rest of Spain	59,356	42,032	17,324	2,887
Abroad	132,907	16,687	116,220	19,370
Unidentified	53,140	151,503	-98,363	-16,394

## 40 to 59 age group

Source: exploitation  
of municipal resident  
register for 2011 to  
2016.

	Registration 2011-2016	Deregistration 2011-2016	Balance 2011-2016	Total stock ave- rage (annual)
<b>TOTAL</b>	<b>122,419</b>	<b>138,013</b>	<b>-15,594</b>	<b>-2,599</b>
<b>Gender</b>				
Women	54,368	58,751	-4,383	-731
Men	68,051	79,262	-11,211	-1,869
<b>Nationality</b>				
Spain	55,631	67,577	-11,946	-1,991
European Union	12,271	14,204	-1,933	-322
Non-EU	54,488	56,207	-1,719	-287
Stateless / No information	29	25	4	1
<b>Education</b>				
No education	1,691	1,999	-308	-51
Primary school / school certificate / general basic education	28,949	34,066	-5,117	-853
Secondary school / secondary school certificate / ESO / FPI	26,240	29,956	-3,716	-619
Higher secondary education / BUP / COU / FPII / CFGM	28,111	33,785	-5,674	-946
University studies / CFGS	37,316	38,185	-869	-145
No information	112	22	90	15
<b>Neighbourhood localisation</b>				
Very high-income neighbourhoods	13,567	13,690	-123	-21
High income neighbourhoods	6,081	6,589	-508	-85
Medium-high income neighbourhoods	21,436	24,298	-2,862	-477
Medium-low income neighbourhoods	28,998	33,377	-4,379	-730
Low income neighbourhoods	32,664	37,833	-5,169	-862
Very low-income neighbourhoods	19,664	22,203	-2,539	-423
No information	9	23	-14	-2
<b>Origin / destination</b>				
Catalonia	50,651	51,528	-877	-146
Rest of Spain	17,468	16,433	1,035	173
Abroad	25,686	7,274	18,412	3,069
Unidentified	28,614	62,778	-34,164	-5,694

## 60 to 79 age group

Source: exploitation  
of municipal resident  
register for 2011 to  
2016.

	Registration 2011-2016	Deregistration 2011-2016	Balance 2011-2016	Total stock ave- rage (annual)
<b>TOTAL</b>	<b>31,426</b>	<b>38,391</b>	<b>-6,965</b>	<b>-1,161</b>
<b>Gender</b>				
Women	16,795	20,042	-3,247	-541
Men	14,631	18,349	-3,718	-620
<b>Nationality</b>				
Spain	20,822	28,653	-7,831	-1,305
European Union	2,268	2,374	-106	-18
Non-EU	8,333	7,361	972	162
Stateless / No information	3	3	0	0
<b>Education</b>				
No education	1,429	2,525	-1,096	-183
Primary school / school certificate / general basic education	9,454	12,786	-3,332	-555
Secondary school / secondary school certificate / ESO / FPI	5,930	7,232	-1,302	-217
Higher secondary education / BUP / COU / FPII / CFGM	5,770	7,094	-1,324	-221
University studies / CFGS	8,804	8,717	87	15
No information	39	37	2	0
<b>Neighbourhood localisation</b>				
Very high-income neighbourhoods	4,148	4,852	-704	-117
High income neighbourhoods	1,812	2,109	-297	-50
Medium-high income neighbourhoods	6,295	7,446	-1,151	-192
Medium-low income neighbourhoods	7,563	9,350	-1,787	-298
Low income neighbourhoods	7,375	9,317	-1,942	-324
Very low-income neighbourhoods	4,228	5,309	-1,081	-180
No information	5	8	-3	-1
<b>Origin / destination</b>				
Catalonia	12,995	17,579	-4,584	-764
Rest of Spain	5,833	7,513	-1,680	-280
Abroad	7,281	1,598	5,683	947
Unidentified	5,317	11,701	-6,384	-1,064

## 80 and over age group

Source: exploitation of municipal resident register for 2011 to 2016.

	Registration 2011-2016	Deregistration 2011-2016	Balance 2011-2016	Total stock average (annual)
<b>TOTAL</b>	<b>8,274</b>	<b>16,259</b>	<b>-7,985</b>	<b>-1,331</b>
<b>Gender</b>				
Women	5,626	11,679	-6,053	-1,009
Men	2,648	4,580	-1,932	-322
<b>Nationality</b>				
Spain	7,551	15,398	-7,847	-1,308
European Union	184	207	-23	-4
Non-EU	538	653	-115	-19
Stateless / No information	1	1	0	0
<b>Education</b>				
No education	1,258	4,943	-3,685	-614
Primary school / school certificate / general basic education	4,446	6,798	-2,352	-392
Secondary school / secondary school certificate / ESO / FPI	1,062	1,867	-805	-134
Higher secondary education / BUP / COU / FPII / CFGM	648	1,364	-716	-119
University studies / CFGS	843	1,259	-416	-69
No information	17	28	-11	-2
<b>Neighbourhood localisation</b>				
Very high-income neighbourhoods	1,269	1,794	-525	-88
High income neighbourhoods	453	826	-373	-62
Medium-high income neighbourhoods	1,737	3,090	-1,353	-226
Medium-low income neighbourhoods	2,092	4,039	-1,947	-325
Low income neighbourhoods	1,658	3,898	-2,240	-373
Very low-income neighbourhoods	1,064	2,603	-1,539	-257
No information	1	9	-8	-1
<b>Origin / destination</b>				
Catalonia	4,097	10,370	-6,273	-1,046
Rest of Spain	2,539	2,837	-298	-50
Abroad	647	257	390	65
Unidentified	991	2,795	-1,804	-301

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Demographic  
change and  
ageing

A city for all times of life  
(2018-2030)

Strategy

# 01.

## The strategy: preparing for 2030, maintaining a generationally complex and diverse city

The scenario described in the analysis is that of a diverse, complex city in which a new generation of active senior citizens will have a major effect and where very old people in need of care and support will be more common. Barcelona can become a benchmark city for demographic change but this requires preparation, learning and experimentation in the face of the challenges of ageing in a plural, diverse city.

We do not want a dual city with old people on the one hand and others who work, study and stay over in the city; still less a city that “expels” population groups, whichever they may be, because it does not offer opportunities, space and the possibility for people of all ages to live together. In order to prepare ourselves for the great changes to occur after 2030, the city needs to develop policies and actions that accompany and integrate the demographic change with the aim of achieving a Barcelona for people of all ages, with gender justice, generational equality and attention to life-cycle diversity and ways of life. This needs to be done by involving the various social and generational groups, through actions based on proximity, putting people’s care and independence at the centre of our policies.

The Strategy for Democratic Change and Ageing is implemented through **77 actions** grouped in **15 operational lines of action** and **4 strategic areas**:

### ①

#### Right to the city throughout life.

Promoting public care services, combating the occupational exclusion of men and women aged 50 and over, combating loneliness and supporting senior citizens who voluntarily remain in their own homes or in new housing solutions.



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### **A city that is friendly with inter-generational harmony.**

Developing actions to make Barcelona a city that is senior citizen friendly, foster local commerce, make public areas more accessible, and encourage community harmony and generational exchange.

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### **Active ageing, enjoying and contributing to the city.**

Facilitating education and access to culture throughout life, reducing the digital gap, reinforcing elderly people's active participation and their contribution to the co-production of municipal policies and fostering good treatment, guaranteeing rights and preventing mistreatment.

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### **Research and planning for an equitable demographic change.**

Evaluating and monitoring policies on demographic change, promoting inter-institutional cooperation (municipalities and the Metropolitan Area, the Catalan and Spanish governments, other European cities) and doing more research into the social and urban effects of demographic change, specifically on the needs of the very elderly.

## 02. Strategy production process

The Strategy for Demographic Change and Ageing is the result of a wide-ranging process of reflection and involvement by the various areas of Barcelona City Council, debates and contributions from senior citizens in city participation forums, as well as the contributions of experts.

The strategy is being promoted by Barcelona City Council's Area of Social Rights, with the creation of a steering committee, a promotion and coordination team formed by various City Council departments, the Municipal Manager's Office, the ASPB, the Municipal Institute of Social Services (IMSS) and the people service departments of various districts. The analysis of the measure was produced by the IERMB with the support of the Department of Research and Knowledge, part of the Area of Social Rights, and Barcelona City Council's Technical Programming Office. Production of the strategy was based on various measures, plans and processes closely related to demographic change and ageing, including the following:

- Barcelona's commitment to being senior citizen friendly
- The 2017-2027 Barcelona Strategy for Inclusion and Reducing Social Inequalities
- 2017-2021 Government measure to promote senior citizens in the City of Barcelona
- 2017-2020 Government Measure for the Democratisation of Care
- 2016-2025 Barcelona Right to Housing Plan

- 2018-2026 Barcelona Universal Accessibility Plan
- Government Measure to Promote Community Health in Barcelona
- 2016-2020 Barcelona Employment Strategy
- "We are Promoting Social Services" project action plan (2017-2021).

With regard to social involvement, a strategic reflection session was held on 6 July 2017 in which experts from the City Council, universities, associations and the third sector took part. The strategy has been presented in the appropriate participative forums so that it could be contrasted and discussed and contributions could be included. It was discussed with the Standing Committee of the Senior Citizens Advisory Council and the Ageing Group of the Municipal Social Welfare Council for (CMBS), on 25 October 2017, more specifically with the CMBS working group on 7 November 2017 and with the Senior Citizens Advisory Council on 26 October 2017 and 7 June 2018. During these sessions, the strategic lines were defined and actions and subject areas were prioritised.

## 03. Vision

The desired future is one where Barcelona is a generationally complex city that offers opportunities, space and the possibility for people of all ages to live together. We want a city for people's entire lives, with all generations living, working, studying or staying over in the city. In order to make this open, diverse and generationally complex city effective, we need to be one step ahead, with policies and initiatives that guide us towards this desired future.

Barcelona is opting for a city that is generationally open, diverse and complex

## 04. Mission

In order to prepare ourselves for the great changes to occur after 2030, the city needs to develop policies and actions that accompany and integrate demographic change in order to achieve a Barcelona for people of all ages, with gender justice and generational equality, and paying attention to life-cycle diversity and ways of life. This needs to be done with the various social and generational groups playing a prominent part.

Preparing for the big changes from 2030 onwards

## 05. Values and principles

### 5.1 Proximity

The uncertainties and vulnerabilities linked to demographic change will only be solved from a perspective of proximity. The right to the city must be exercised from everyday surroundings and relationships governed by solidarity. Neighbourhoods must construct community-building structures which guarantee support for people and relationships.

### 5.2 Active participation and new socially-built responses

The scope and reach of the changes require the population's active involvement in the research and development of diverse solutions for needs that are also diverse. The paradigm of active ageing perceives participation as the key element in policies that aim for autonomy and social inclusion.

### 5.3 Attention to diversity

Understanding and specifically attending to the growing diversity of situations linked to demographic change is of vital importance, in terms of age, health, autonomy, culture, gender and sexual orientation, which enrich and diversify people's lives and ageing processes.

### 5.4 Gender justice and the central importance of care

It is essential to tackle demographic change based on equality of gender and recognising the central importance of care in the socio-economic life of the city, in order to guarantee the right to a decent city and reduce the gender and social inequalities that are produced in providing it.

## 5.5 Inclusion, equity and social rights

Prioritising intervention with the most vulnerable groups is essential for responding to current situations of disadvantage. An inclusive perspective also has to assume people's right to autonomy and to decide their life project, and it must include comprehensive care focused on the person.

## 5.6 Inter-generational relations

Fostering and facilitating social links between children, young people, adults and senior citizens beyond family situations, through policies and services, is a source of personal enrichment. It has clear benefits for social cohesion and it is the first step towards combating the stereotypes linked to age.

## 5.7 Social innovation and public policies

A cross-departmental perspective of demographic change must be introduced to municipal policies as a whole, involving the various municipal areas, while also working together with socially innovative practices.

## 06. Strategic approaches, objectives and actions

The mission, vision and values of the Strategy for Demographic Change and Ageing are based on two cross-cutting approaches that are considered as priorities and which are present in the development of all lines of action:

Cross-cutting approaches:

- **Diversity and heterogeneity among senior citizens**
- **Gender.**

The four central strategic approaches implement a series of lines of action that configure the strategy's operational objectives:

1. Right to the city throughout life
2. A city that is friendly with good inter-generational coexistence.
3. Active ageing, enjoying and contributing to the city.
4. Research and planning for an equitable demographic change.

Lastly, the lines of action are specified with a battery of actions grouped into three types:

- **Reinforcement:** City Council actions and programmes that are already in motion, where the aim is to provide them with continuity, reinforce them and improve them.
- **Innovation:** actions that are either new or in the pilot-project phase, which are considered to be key factors for tackling the challenges of demographic change and ageing.
- **Co-leadership:** strategic actions for demographic change and ageing that necessarily involve other administrations, with the aim of making them effective.

## Approach 1. Right to the city throughout life

The effects of the crisis and demographic change are combining in such a way that specific population groups may be forced to abandon the city. These include vulnerable families, young people at the age of emancipation, people over 50 who are unemployed or senior citizens with dependency. They are groups that need special help, with the aim of guaranteeing the right to the city throughout their lives.

The right to the city combines various components. Firstly, the right to housing, in a home where people can live with dignity and security; the right to the neighbourhood, to staying in their reference community, where they develop affective relationships and links, without being subjected to threats of eviction or forced displacement; and lastly, the right to communal urban areas, where they can breathe clean air and live, coexist and enjoy the city's streets and squares. The right to the city is therefore the right to living life every day with equity and diversity.

Today, with demographic transition under way, and as part of the objective of constructing a

city for people of all ages, it is essential to connect the right to the city with all times of life. For this reason, it is important for housing policies to become a cross-departmental component, linked with all the other social, employment and community policies. Developing innovative policies that combine rehabilitation, home care, shared residential areas and community environments that provide care is also an extremely important factor.

With regard to senior citizens, adaptation of their homes to changing needs, local social and community support, new, more community-based forms of coexistence and the formation of more people-friendly neighbourhoods are essential for both active ageing and autonomy, as well as for avoiding situations of loneliness and isolation.

The actions contained in this strategic approach include the new home-care service model, based on proximity, a pilot project from which social superblocks will arise, and a future innovative plan based on proximity as the coordinating factor for various social and health services, both professional and community, with the aim of avoiding situations of exclusion and isolation, and guaranteeing the wish of senior citizens to remain in their own homes.

### 1.1 Promoting care services and support

1. Expanding the Respir Plus municipal programme, supporting families with dependent relatives.
2. Extending the pilot project on time and care.
3. Opening the information centre and care resources, and consolidating the place as a benchmark for supporting the ageing processes.
4. Developing a support strategy for individuals and families who care for dependants.

### 1.2 Supporting employment continuity for people aged over 50

5. Reinforcing work reinsertion programmes for people aged over 50 who are unemployed, paying special attention to long-term unemployed people.
6. Continuity for the Labora programme, for the work placement of people in vulnerable situations.

### 1.3 Supporting the wish of senior citizens to remain in their own homes

7. Implementing the social superblocks: integrating services, community action and proximity.
8. New comprehensive care model for the Home Care Service (SAD).
9. Improvements and innovations in the telecare service.
10. Campaign for adapting homes during the ageing process.
11. Increasing budgetary allocations for renovating residential buildings, adapting homes and communal stairways.
12. Improving the processing service for dependency care (SADEP).
13. Expanding the personal care programme.

### 1.4 Combating loneliness in senior citizens

14. Expanding the “Radars” project to all city neighbourhoods.
15. Increasing the number of people using the “Vincles BCN” project.

16. Improvements to the Social Meals Service: Meals at Home and Meals in Company.
17. Reinforcing the “Bajamos a la calle” [Let’s go down to the street] project.
18. Reinforcing the home support service for senior citizens.
19. Reinforcing the perspective of active ageing in community development projects and as part of the Neighbourhood Plan.
20. Fostering the exchange of knowledge on district prevention and care programmes concerning loneliness among senior citizens.

### 1.5 Promoting new housing solutions

21. New flats with services for senior citizens.
22. Functional programme for dwelling units in new housing promotions.
23. Support for cooperative and shared housing formulas.
24. Reinforcing the “Vivir y convivir” [Living and living together] inter-generational programme with students and senior citizens who live alone.

### 1.6 Having temporary and permanent residential alternatives for senior citizens

25. Improving the Emergency Care Service for the Elderly (SAUV).
26. Producing a campaign and informative guide on how to treat sexual and gender diversity and access to rights.



## Approach 2. A city that is friendly with good inter-generational coexistence

The tendency of various social groups occupying and taking over resources, services and facilities in a segregated way has often been encouraged by public policies, given the ageist concept of facilities and activities. For this reason, the strategy aims to promote activities, services, locations and facilities for shared use that foster inter-generational coexistence in the city and take into account the different needs of women and men. Various actions must also be carried out to make Barcelona a city that is more senior citizen friendly and, consequently, friendlier to all groups of people. Among other things, in terms of urban planning, this means progressing towards universally accessible urban areas, in terms of services, progressing towards care focused on people, and in terms of social relations, fostering friendly treatment free from discrimination, based on the empowerment of senior citizens. The actions comprising this strategic line include those that promote and foster inter-generational hybridisation and harmony in activities held at municipal facilities, such as neighbourhood cultural centres or elderly centres, in consolidated programmes such as “the

Educating City” or in the creation and renovation of play areas in the city.

### 2.1 Promoting Barcelona’s commitment to being senior citizen friendly

- 27. Renewal and promotion of Barcelona’s commitment to being senior citizen friendly.

### 2.2 Progressing towards accessible public areas, transport and local commerce for everyone

- 28. Rolling out the Universal Accessibility Plan.
- 29. Developing friendly paths for senior citizens: support and senior citizen friendly areas.
- 30. Promoting local commerce that is senior citizen friendly.
- 31. Improvements to the door-to-door special transport service.
- 32. Promoting and reorganising the on-demand transport service.

### 2.3 Promoting inter-generational facilities and activities

- 33. Defining a new model for elderly centres.
- 34. Promoting inter-generational activities in municipal facilities and services.
- 35. Supporting inter-generational projects in university extension classes for senior citizens.
- 36. Reinforcing inter-generational projects in the “Educating City” programme.
- 37. Fostering the inter-generational perspective in the city’s play areas for children.
- 38. Developing the “Ageless Cycling” project.
- 39. Organising biannual conferences in order to foster knowledge and exchange of experiences about inter-generational projects.

## Approach 3. Active ageing, enjoying and contributing to the city

Social activity is the best way of continuing to feel in touch, involved in life and the world around you, once work ceases to be central to your life. Active ageing is based on people recognising that they should “develop their potential physical, social and mental well-being, as well as their ability to take part in society in accordance with their needs, wishes and abilities, while they are provided with adequate protection, security and care when they need help”. In a scenario where the qualitative and quantitative influence of senior citizens will be decisive, the strategy considers how to facilitate senior citizens’ contributions and improve their ability to have an effect, e.g. with new forms of the economy of reciprocity, transferring experience and knowledge, promoting the use of digital tools, self-organisation of services and benefits, and active participation in public policy decision-making and design.

### 3.1 Promoting education and culture throughout life

40. Supporting university programmes aimed at senior citizens.
41. Producing and publishing a white paper on adult education.
42. Reinforcing the participation of senior citizens in the city’s cultural policies.
43. Producing a strategy for introducing cultural centres, libraries and museums to the needs and interests of senior citizens, with particular emphasis on people with functional diversity and situations of dementia.
44. Programming inter-generational cultural activities in libraries, museums, civic centres, neighbourhood centres and other cultural facilities.
45. Promotional campaign for adult education schools.
46. Opening music schools with morning timetables, in order to offer musical training to people of all ages.
47. Reinforcing the role of museum scheduling teams as mediators, in order to facilitate visits by groups of senior citizens, and to work on specific made-to-measure activities and programmes.

### 3.2 Fostering active participation

48. Promoting and showcasing the work carried out by the Senior Citizens Advisory Council (CAGG in Catalan) and fostering exchange with other participation forums.
49. Promoting participation and contributions to the process in the Voices of Senior Citizens Convention.
50. Fostering the participation of senior citizens in the city’s public transport policies.
51. Expansion of the “I’m a Blogger” project.
52. Inclusion of people suffering from cognitive deterioration in the activities run by elderly centres.
53. Promoting the implementation of information and communication technologies in elderly centres and facilities.

### 3.2 Rights, good treatment and preventing mistreatment

54. Preventing mistreatment and caring for mistreated senior citizens.
55. “I’m old, so what?” Programmes to counter age discrimination.

- 56. Informing and training senior citizens on their consumer rights.
- 57. Diffusion of the rights of senior citizens, especially for the most dependant people, compiled in a document produced by the CAGG.
- 58. Reinforcing training on sexual and gender diversity in day centres, cultural centres and homes for elderly people.

### 3.4 Promoting healthy ageing

- 59. Reinforcing actions aimed at encouraging physical activity for senior citizens, especially for those who are not already doing it.
- 60. Expanding health schools for senior citizens.

## Approach 4. Research and cooperation for an equitable demographic change

The process of demographic change and ageing poses big challenges for metropolitan Barcelona, in a context of uncertainty caused by the changing international scene and accelerated technological change. All of these challenges and changes require greater research into subjects that we know little about today (e.g. living conditions of very old people or how senior citizens use the city culturally) and facilitating the data existing in administrative registers or new sources of data that have yet to be explored (big data). All of this, along with an evaluation of current policies, is necessary in order to better analyse, plan and adapt medium and long-term policies.

Meanwhile, in order to tackle such complex processes as demographic change and ageing, a joint effort must be coordinated. Progress must be made in both improving inter-institutional cooperation (especially with the Generalitat, but also with other cities) and in collaboration with the third sector and social and solidarity economy organisations

for implementing the actions and policies of the above approaches.

There are fundamental questions that have a direct influence on this strategy that the City Council does not control because they are in the hands of the Spanish and Catalan governments, so the municipal function focuses on making a political impact with the aim of including them in the agendas of the responsible administrations. These are mainly matters that have a big impact on improving the quality of people's lives, such as ensuring the economic sufficiency of senior citizens, by reforming the pension system and making it possible to ensure a decent, fair income for everyone; reforming the Urban Rentals Act in order to guarantee access to housing and housing permanence (increasing the stock of public social rentals, regulating rental prices, mobilising empty flats, renovation and minimum power and water supplies in the home); approving new legislation for personal autonomy that makes it possible to back that right with sufficient funding, with sufficient cover and intensity to provide care in a local community environment and reinforcing the role of personal assistants; favouring work-life balance policies, putting people at the centre of life, and developing current regulations on universal access.

### 4.1 Promoting inter-institutional cooperation

61. Joint planning for residential and public health centres 2030.
62. Creating a mixed Generalitat-City Council and local community commission to tackle demographic change.
63. Responses of European cities to ageing and demographic change as part of Eurocities, through exchanges with other cities.
64. Follow-up and analysis of complaints of age discrimination from the OND.
65. Evaluating and extending coordination and social and health integration experiences with the Generalitat, as part of the Committee for Comprehensive Care.
66. Expansion of social and health data interconnection to include the whole city.

### 4.2 Evaluating and monitoring demographic-change policies

67. Evaluating and comprehensive planning of the policies and programmes for combating loneliness and facilitating the possibility of senior citizens remaining in their own homes.

- 68. Analysis of current models for elderly centres and residences from an LGBTI perspective.
- 69. Integration of administrative and service data Data, big data, and municipal indicators concerning times of life and the perspective of ageing.
- 70. Organisation of a conference on local policies to tackle demographic change.
- 71. Creating specific working groups on ageing in order to promote cross-departmental work on municipal policies.
- 72. Participation in the European project “Adapting European Cities to Population Ageing: Policy challenges and best practices” (ESPON 2020).
- 73. Expansion of knowledge about and policies on dignified death.
- 77. Establishing a line of analysis and research on immigration, interculturalism and ageing.

#### 4.3 Research into the effects of demographic change

- 74. Current and future housing needs for senior citizens.
- 75. Analysis and knowledge about the group of very elderly people (80+), including the most appropriate methodologies for discovering their needs and preferences.
- 76. A study on metropolitan residential-mobility patterns.

## 6.1. Table of actions

### Approach 1 | Right to the city throughout life

Objective: Promoting care services and support

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>Broadening the “Respir Plus” (“Breather Plus”) municipal support programme for households with dependent family members.</b> <b>1</b> Economic assistance programme to help dependent elderly people to temporarily stay in a private elderly care home. The goal of the programme is to provide support for families that look after dependent elderly people so that they can have time off when they need it.	Social Action		Reinforce-ment	✓	✓	✓	✓
<b>Extending the time and care pilot project.</b> 2018 pilot test in the Sant Andreu Palomar and Guinardó neighbourhoods. To be extended to other neighbourhoods in the city from 2019 onwards. Its main aims are to: 1. Raise citizen awareness of the central role care plays in our lives. 2. Promote a care community in the neighbourhood. 3. Gather ideas and proposals from the neighbourhood’s residents about improving co-responsibility, the socialisation of care and information about the neighbourhood’s resources and services related to the subject.	Cooperative, Social and Solidarity Economy Services and Consumption Department	Districts	Innovation	✓	✓	✓	○
<b>Opening the Information and Resources for Care Centre and establishing the space as a benchmark for accompanying the ageing processes.</b> <b>3</b> The new centre will work in coordination with the territory’s services and resources to inform and advise citizens about existing resources for people’s care. It was conceived with the aim of meeting the needs of different profiles: carers and family carers, professional home carers, and people receiving care and citizenship in general.	Health	Feminism and LGBTI, Social and Solidarity Economy Services Department, XSFC, CSB, IMSS, IMPD, Barcelona Activa	Innovation	✓	✓	✓	○

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>4 Developing the support strategy for carers and family carers.</b> The strategy will provide the city with a common reference framework, a shared analysis of the situation of family carers and an action plan. It will be promoted from the Family Carers Support Network within the framework of the Citizen Agreement for an Inclusive Barcelona.	Health	XSFC, ASPB, CSB, IMSS, IMPD, Social and Solidarity Economy Services Department	Innovation				













## Objective: Supporting employment continuity for people aged over 50

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>5 Reinforcing programmes for reintegrating unemployed people over 50 years old, especially the long-term unemployed, into the workforce.</b> Among the programmes that will be developed further, the 'Mentoring +40' programme and the work coaching programmes and tailor-made groups to know more about occupational resources are worthy of special mention. Prioritising contracting unemployed people over the age of 50 in comprehensive employment with contracts programmes.	Barcelona Activa		Reinforce-ment				
<b>6 Continuity of the "Labora" programme for reintegrating vulnerable people into the labour market.</b> Programme promoting finding work for vulnerable groups, offering individualised support, guidance and assistance to enter the workforce of participating companies.	Social Action	ECAS, FEICAT, Red Cross	Reinforce-ment				

## Objective: Supporting the wish of senior citizens to remain in their own homes













Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>Implementing social superblocks: integrating services, community action and proximity.</b> The ageing population will increment the need for care and support so that elderly people can stay in their own homes, which requires rethinking current provisions and support (including emotional support), social engagement and interaction with the amenities in the local area.	Social Action	Area of Social Rights	Innovation				
<b>New comprehensive care model for the home care service.</b> Implementing and evaluating four pilot projects whose goal is to improve employee's working conditions and user assistance services: individualised attention, setting up self-directed teams, coordinating with other agents, and comprehensive social and health care.	IMSS		Innovation				
<b>Improvements and innovations in the remote care service.</b> New levels of individualised needs-based care: peripheral devices to monitor user's environments, geolocation service, new MIMAL devices, and introducing technological and health monitoring innovations. Coordination with other services and agents has improved and must be reinforced in the future.	IMSS	Health	Reinforce-ment				
<b>Campaign for home adaptation in the ageing process.</b> Campaign and producing a guide to adapt homes to the ageing process: functional and architectural adaptations, advice about furniture and daily-use objects, as well as about energy supply, accessibility and security.	IMHAB	IMSS	Innovation				



Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>11 Increased budget allocations for rehabilitating housing to adapt homes and communal stairways.</b> The goal is to make homes suitable for elderly people to remain living in by improving accessibility, insulation and service installations, elements that have a direct effect on the quality of life of the people who live there. There are also grants available for vulnerable people, which can cover up to 100% of the cost of the adaptations.	IMHAB		Reinforce-ment				
<b>12 Improved application procedure and care service for dependent people (SADEP).</b> Creating new spaces for providing care for dependent people (SADEP) and an improved care application and follow-up procedure. The new care model for dependent people will be implemented in four care centres that will serve different districts of the city. Users will be able to access financial assistance and LAPAD (Act on Personal Autonomy and Care for Dependants) care services, as well as other basic social services resources.	IMSS		Innovation				
<b>13 Broadening the personal care programme.</b> The goal of the Municipal Personal Care Assistant Services is to guarantee the autonomy of people with functional diversity, supporting their daily activities and enabling them to live as independently as possible.	IMPD	Social Action	Reinforce-ment				

## Objective: Combating loneliness in senior citizens









Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>Extending the “Radars” Programme to all the city’s neighbourhoods.</b> 14 Community action project to detect and prevent situations of risk for the elderly and lessen the negative effects of unwanted loneliness and isolation. The programme has now been implemented in 40 of the city’s neighbourhoods and will extend to 13 more before May 2019.	IMSS	Districts	Reinforce-ment	✓	✓	✓	✓
<b>More users of the “Vincles BCN” programme.</b> 15 Project to strengthen social relations among elderly people who feel lonely, through technology and social networks. By the end of 2018, it is expected that there will be 1,950 users, and over 4,000 by the end of 2019.	Promoting Elderly People		Reinforce-ment	✓	✓	✓	✓
<b>Improvements in the social meals service: “Home meals” and “Meals in company”.</b> 16 The goal of the social meals service is to provide vulnerable people with nutritional, physical and social wellbeing. The different improvements will include creating a quality monitoring and inspection system, and the increased use of ecological and local food products.	IMSS		Reinforce-ment	✓	✓	○	○
<b>Promoting the “Baixem al carrer” (“Let’s get out and about”) programme.</b> 17 Within the framework of further developing community health programmes, the goal of ‘Baixem al carrer’ (‘Let’s get out and about’) is to help elderly people with mobility problems to get out. With the Pla de Barris (Neighbourhoods Plan), this programme is now implemented in 5 of the 23 neighbourhoods and will continue to extend to the rest of them.	Health	ASPB, Red Cross, districts, Foment de Ciutat (City Promotion)	Reinforce-ment	✓	✓	✓	✓

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>18 Promoting the home companion care service for elderly people.</b> With the goal of relieving elderly people of their isolation and loneliness, the programme links an elderly person with a voluntary worker who pays an approximately two-hour visit to their home once a week, thus establishing an emotional bond.	IMSS	Friends of the Elderly Foundation, Fundació Avismón-Catalunya private foundation	Reinforce-ment				
<b>19 Reinforcing the vision of active ageing in community development programmes and within the framework of the Pla de Barris (Neighbourhoods Plan).</b>	Community Action Service	Foment de Ciutat (City Promotion)	Reinforce-ment				
<b>20 Promoting knowledge exchange about prevention and care programmes to relieve the loneliness of elderly people in the districts.</b> Promoting knowledge exchange and evaluating prevention and care programmes to relieve the loneliness of elderly people in the districts can help consolidate these initiatives and implement them in other neighbourhoods.	Districts, elderly people's tables	IMSS	Innovation				

## Objective: Promoting new housing solutions

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>21 New housing with services for the elderly.</b> Adapted rented housing integrated into the community with the support systems that elderly people need. 11 new housing facilities (approximately 650 homes) with services for elderly people are planned to be built by 2022.	IMHAB	Area of Social Rights	Reinforce-ment				
<b>22 Shared living units in new housing facilities functional programme.</b> Shared living units for elderly people in new facilities with a support system and shared spaces as an alternative to residential elderly care homes.	IMHAB	Area of Social Rights	Innovation				
<b>23 Supporting cooperative and shared housing options.</b> Support and advice to develop housing projects based on cooperation and sharing, exploring senior cohousing for groups of elderly people, and providing support for groups that are already involved in or would like to implement similar innovative projects.	IMHAB	Area of Social Rights, Cooperative, Social and Solidarity Economy Services and Consumption Department	Innovation				
<b>24 Promoting the intergenerational programme “Viure and conviure” (“Live and get on together”) with students and elderly people who live alone.</b> The programme is addressed to elderly people who live alone and can offer a room in their home to students whose permanent residence is outside Barcelona and who need a residence in the city while they are at university. This programme is designed to promote solidarity, knowledge and mutual assistance between two generations.	Promoting Elderly People	Generalitat (regional government of Catalonia), the Roure Foundation, the Interuniversity Commission of Catalonia.	Reinforce-ment				

## Objective: Having temporary and permanent residential alternatives for senior citizens

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>25</b> <b>Improvements to the Emergency Care Service for the Elderly.</b> Service to provide care for elderly people in situations of social emergency who require immediate attention, offering them a temporary residence and basic care needs while they find the most suitable resources to resolve their situation. Improvements will be made by introducing a new coordination protocol between derivative health centres and the Elderly Person's Emergency Care Service (SAUV) service, and by establishing a new care procedure.	IMSS		Reinforce-ment				
<b>26</b> <b>Launching a campaign and providing an informative guide to address sexual and gender diversity and access to rights.</b> With the goal of preventing stigmatisation and discrimination based on sexual orientation, a campaign has been designed to inform and raise awareness of rights, and to work towards guaranteeing the free expression of sexual orientations in residential elderly care centres and other amenities.	IMSS	Feminism and LGBTI	Reinforce-ment				













## Approach 2 | A city that is friendly with good inter-generational coexistence

Objective: Promoting Barcelona's commitment to being senior citizen friendly

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>27</b> <b>Renewing and boosting Barcelona's commitment to being an age-friendly city.</b> Co-responsibility agreement between public and private agents in the city to improve the quality of life of the elderly based on their daily environments and their contribution and engagement. With the promotion of the Barcelona Advisory Council for the Elderly, since 2009 the city has been committed to the World Health Organisation's Age-Friendly Cities network.	Social Engagement Department	Cross-departmental table involving entities and citizens.	Reinforce-ment				

Objective: Progressing towards accessible public areas, transport and local commerce for everyone













Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>28</b> <b>Developing the Universal Accessibility Plan.</b> The Plan evaluates universal access to the different public services, working in collaboration with people with functional diversity. Once the evaluation is completed (2018), solutions and measures will be worked out and goals established (2019) for the next ten years.	IMPD	Area of Ecology, Urban Planning and Mobility	Innovation				
<b>29</b> <b>Development of "Camins amics per a la gent gran" ("Friendly paths for the elderly"): companionship and age-friendly spaces.</b> Project to promote companionship for the elderly in urban spaces and age-friendly routes to improve mobility and accessibility for this group.	Promoting Elderly People	Area of Ecology, Urban Planning and Mobility	Innovation				

Action		Run by	Participants	Type	2018	2019	2019-23	2023-27
30	<b>Promoting friendly local commerce with the elderly.</b> Pilot project to include the age-friendly perspective in the commercial revitalisation plans of the districts and in the Commerce Observatory in Barcelona.	Commerce Department, Promotion of Senior Citizens		Innovation				
31	<b>Improvements in transport, especially door-to-door services.</b> This service is part of the city's public transport system and allows people with disabilities and reduced mobility to access social care services in addition to making their day-to-day mobility easier. A new system for managing the service will be implemented to improve the benefits and quality.	IMPD		Reinforce-ment				
32	<b>Promoting and reorganising the transport system on demand.</b> A pioneer project for the city will be implemented in the Nou Barris district, which will allow elderly people and those with functional diversity to move around on public transport at the time they want by prior request.	TMB	TMB, Area of Social Rights	Innovation				

## Objective: Promoting inter-generational facilities and activities

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>33</b> <b>Defining a new elderly people's centre model.</b> Participatory review of the current model of elderly people's centres and neighbourhood centres to devise a functional plan to promote active, intergenerational ageing, as well as more interaction between local amenities.	Promoting Elderly People		Innovation	✓	✓	○	○
<b>34</b> <b>Promoting new intergenerational activities in municipal amenities and services.</b> Programming intergenerational activities in municipal amenities and services: concerts with music school students in elderly care homes and centres; educational activities with primary school students in the Urban Allotments Network; creating intergenerational engagement spaces in municipal nursery schools.	Promoting Elderly People	Music schools, IMEB, districts	Reinforce-ment	✓	✓	✓	○
<b>35</b> <b>Supporting intergenerational projects for the elderly in university extension programmes.</b> Organising intergenerational projects to develop some specific university extension programmes together with the city's secondary schools to promote exchange and mutual learning between generations.	Education	Catalan Lifelong Learning for the Elderly Association (AFOPA)	Innovation	○	✓	✓	○
<b>36</b> <b>Reinforcing intergenerational projects in the "Ciutat educadora" ("Educating city") programme.</b> The goal of "Barcelona Educating City" is to encourage engagement, pedagogical innovation, international networks and exchanges and cross-cutting action to reinforce and guarantee the right to education. Among the many activities developed, some intergenerational projects that will be extended to other areas of the city have already begun.	IMEB		Reinforce-ment	✓	✓	✓	✓



















Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>37 Fomenting the intergenerational perspective in the city's children's playspaces.</b> To monitor the Public Playspaces Plan 2020-2030 to make sure the intergenerational perspective is considered when designing playspaces in the city.	Urban Ecology	Infancy Institute, Area of Social Rights, Area of Citizens Rights	Innovation				
<b>38 Developing the “En Bici sense Edat” (“By Bike without Age”) project.</b> “By Bike without Age” is about fomenting new relations between generations, between drivers and passengers and between the staff of elderly care residences and family members. The volunteers (drivers) register to do bike rides with the elderly through a system of reserves. The goal is to disseminate the project to increase the number of users and volunteers.	Area of Ecology, Urban Planning and Mobility	Biciclot, En Bici Sense Edat	Innovation				
<b>39 Organising biannual conferences to foment knowledge and the exchange of experiences about intergenerational projects.</b> Biannual conferences will be held to promote the exchange of experiences and innovative projects among different districts.	Districts, Promoting Senior Citizens		Innovation				

## Approach 3 | Active ageing, enjoying and contributing to the city


Objective: Promoting education and culture throughout life

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>Supporting university programmes addressed to the elderly.</b> Within the framework of the Universities Municipal Advisory Council, education, research and employment prioritising lifelong learning will be at the top of the agenda. The goal is to develop lifelong learning strategies, especially those linked to the pedagogical innovation of university programmes addressed to the elderly.	Education	CAMU	Innovation	✓	✓	✓	✓
<b>Developing and disseminating a white paper on education for the elderly.</b> The white paper aims to establish the terms and open up debate on the perspective of lifelong learning in the city's educational policies, a key strategy that links active ageing and the knowledge society.	Education	CAMU, Education Consortium	Innovation	○	✓	○	○
<b>Reinforcing elderly people's engagement in the city's cultural policies.</b> Creating a commission within the framework of the Culture Council of Barcelona and promoting joint actions together with the Barcelona Advisory Council for the Elderly (CAGG) to engage elderly people in decision making about cultural programmes and strategies. The goal is for the elderly to be able to contribute to and get involved in programming cultural activities.	ICUB		Innovation	✓	✓	○	○
<b>Devising a strategy to encourage cultural centres, libraries and museums to cater to the needs and interests of the elderly, paying particular attention to people with functional diversity and those with dementia.</b> This strategy will include: activities in libraries for the elderly that they themselves have been involved in programming; promoting reading clubs for the elderly; programming musical and cultural activities for people with dementia and Alzheimer's; generating a programme of historic visits based on the requests of the elderly themselves; guaranteeing the inclusion of elderly people of diverse origins and sexual orientation.	ICUB		Innovation	○	✓	✓	✓

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>44</b> <b>Programming intergenerational cultural activities in libraries, museums, civil centres, neighbourhood centres and other cultural amenities.</b> Including the perspective of ageing and intergenerational relations in the city's cultural policies.			Reinforce-ment				
<b>45</b> <b>Campaign to promote adult training centres.</b> A dissemination campaign will be designed to raise the profile of adult training centres and their education programmes, prioritising groups with the greatest educational needs and the most vulnerable.	Education		Innovation				
<b>46</b> <b>Opening music schools during the mornings to offer musical training for all ages.</b> Broadening the offer of musical training to include all ages and opening municipal music schools in the mornings.	Education		Innovation				
<b>47</b> <b>Reinforcing the mediator role of the programming teams at museums to facilitate visits by groups of elderly people, offering them tailor-made activities and specific programmes.</b> Facilitating the co-creation and co-production of actions and specific programmes that cater for the needs and diverse interests of the elderly.	ICUB		Continuity				

## Objective: Fostering active participation

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>Promoting and raising the profile of the work carried out by CAGG (Barcelona Advisory Council for the Elderly).</b> 48 The goal is to reinforce and raise the profile of the tasks assigned to CAGG and to bridge gaps in terms of actions and dialogue with other councils and engagement spaces to ensure that local issues related to the elderly and ageing are put on the agenda.	Social Engagement Department		Reinforce-ment	✓	✓	✓	○
<b>Promoting engagement and contributing to the process in the Convention of the Voices of Elderly People (Convenció de les Veus de les Persones Grans).</b> 49 Organising, monitoring and holding the 5th Convention of the Voices of Elderly People in 2019, an event that takes place every four years. Many debate and contributory activities are organised, culminating in the convention, in addition to forums and post-event follow-up spaces.	Social Engagement Department	CAGG, advice from the elderly people in the districts.	Reinforce-ment	✓	✓	✓	○
<b>Fomenting elderly people's engagement in public transport policies.</b> 50 Establishing engagement channels through which to gather concerns, preferences and reflections about public transport from the perspective of ageing. Support for creating a working group between CAGG and TMB to monitor public transport improvements and campaigns. Participatory process to define the Barcelona Mobility Plan PMU, 2019-2014, in which the cycles of life, gender and functional diversity are taken into account.	Promoting the Elderly	CAGG, TMB	Co-leader-ship	✓	✓	✓	○
<b>Extension of the "Soc blogger" ("I'm a blogger") project.</b> 51 Digital, journalistic training to nurture their talents and skills as voluntary journalists and photographers of municipal social networks and the blog on the municipal elderly people's website.	Promoting the Elderly		Reinforce-ment	✓	✓	○	○

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>52 Including people with mild cognitive deterioration in the activities organised by elderly people' centres.</b> In the line of promoting the active engagement of the elderly, and especially those with the greatest difficulties or those in the most vulnerable situations, the idea is to adapt and develop specific activities in elderly people's centres addressed to those with low levels of dependency and mild cognitive loss. These are elderly people who are not institutionalised but live at home with care support.	Promoting the Elderly		Innovation				
<b>53 Boosting the introduction of ICT in elderly people's centres and amenities.</b> Introducing IT rooms and improving the WiFi in amenities, and promoting training programmes to bring technology to elderly people with the goal of closing the digital gap.	Promoting the Elderly	La Caixa Foundation	Reinforce-ment				

## Objective: Rights, good treatment and preventing mistreatment

















Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>54 Preventing elderly abuse, and care for abused elderly people.</b> Developing various lines of action to know about and prevent situations of abuse and to address this issue in a suitable way: protocol and joint action between the health and social services and the security and justice service; to advance knowledge about this issue, to detect cases and to raise awareness.	Area of Social Rights	Districts	Reinforce-ment	✓	✓	✓	✓
<b>55 “Soc gran i què?” (“I’m old, so what?”) Programmes against age discrimination.</b> Campaigns to combat ageism and to promote recognition for elderly people’s contributions.	Social Engagement Department	CAGG, advice from the elderly people in the districts, elderly people’s centres, and so on	Reinforce-ment	✓	✓	✓	○
<b>56 Disseminating information to elderly people about consumer awareness and rights.</b> Designing workshops that specifically focus on consumer rights in different areas (supply of services, technology, tourism, and so on).	Promoting the Elderly	OMIC	Innovation	✓	✓	✓	○
<b>57 Disseminating the information about the rights of elderly people, and especially those of people with dependency, contained in the document compiled by the CAGG.</b> Promoting, owning and disseminating the SAGG document <i>Drets i llibertats de les persones grans amb especial atenció a les persones grans amb dependència</i> (Rights and freedoms of elderly people with special reference to those with dependency) through SAD and other social-health resources such as elderly care homes and day centres.	Area of Social Rights	CAGG	Reinforce-ment	✓	✓	○	○
<b>58 Reinforcing education for the elderly in day centres, elderly people’s centres and care homes about sexual and gender diversity.</b> The goal is to guarantee rights and raise the profile and recognition of sexual and gender diversity among elderly people. The aim is to evaluate the impact and reinforce this line of training that has already begun in some amenities for elderly people.	Social Action	Promoting the Elderly, Feminism and LGBTI	Reinforce-ment	○	✓	✓	○

Objective: Promoting healthy ageing









Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>Reinforcing actions designed to promote physical activity in the elderly, focusing particularly on those who are not yet active.</b>							
59 Programmes to encourage elderly people who do no physical activity or who have stopped exercising to get physically active again, focusing particularly on cases detected through primary healthcare centres.	Barcelona Sports Institute	Feminism and LGBTI	Innovation				
<b>Increasing health schools for the elderly.</b>							
60 Programme to reduce loneliness and promote healthy habits within the framework of community health action. These increased in number from 5 to 11 between 2015 and 2017, and this figure is forecast to reach 16 by 2019.	Barcelona Public Health Agency	Districts, CAP (Primary Healthcare Centres), community action	Reinforce-ment				

## Approach 4 | Research and cooperation for an equitable demographic change

Objective: Promoting inter-institutional cooperation

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>61 Joint planning between residential homes and social and health centres 2030.</b> Through the Comprehensive Social and Health Care Table and with the goal of meeting the challenge of the structural deficit and increasing the number of public residential elderly care places in the city, redefining and diversifying the types of centres and improving coordination with social and health centres.	Area of Social Rights		Co-leader-ship				
<b>62 Setting up a joint commission between the Generalitat (regional government of Catalonia), the City Council and local representatives to meet the challenge of changing demographics.</b> Joint action between the Generalitat (regional government of Catalonia) and local representatives to devise strategic policies to meet the challenges posed by demographic changes.	Area of Social Rights		Co-leader-ship				
<b>63 European cities' solutions to the ageing population and demographic change within the framework of Eurocities, with exchanges with other cities.</b> Broadening the study of the ageing population and demographic change and their solutions from the perspective of European cities: to increase exchanges within the framework of the Eurocities network and specific working groups.	Area of Social Rights	Eurocities	Innovation				
<b>64 Follow-up and analysis of reports of age discrimination made to the Office for Non-Discrimination.</b> An area in need of exploration is age discrimination; in-depth studies about this question are planned based on reports of ageism and information gathered by the OND.	OND		Reinforce-ment				















Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<p><b>Evaluating and extending experiences of social and health coordination and integration within the framework of the Comprehensive Care Table of the Generalitat (regional government of Catalonia).</b></p> <p>65 The Comprehensive Social and Health Care Table is a joint space comprised of Barcelona City Council, the Generalitat (regional government of Catalonia) and the Health, Social Services and Education Consortiums of Barcelona, which has been promoting projects since 2016 that aim to move towards comprehensive care centred on the individual, with special emphasis on the most vulnerable groups.</p>	Area of Social Rights		Co-leadership				
<p><b>Extending the interconnection of social and health data to the whole city.</b></p> <p>66 The pilot project consists of exchanging information between health and social services about users of both services with the aim of moving towards comprehensive care.</p>	Health, Social Action		Co-leadership				

## Objective: Evaluating and monitoring demographic-change policies

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>Evaluating and comprehensively planning policies and programmes to combat unwanted loneliness and to help the elderly remain in their own homes.</b> Policies to ease and combat unwanted loneliness and isolation are generally rooted in the territory and rely on the engagement of entities and other agents with community action as the central pillar. The priority is preventing, supporting and easing the suffering of elderly people in situations of unwanted loneliness, but the best methodologies must also be evaluated to plan future actions that have a significant impact on elderly people and the community.	IMSS	Area of Social Rights	Innovation				
<b>Analysing existing models in centres for elderly people and elderly care homes from the perspective of LGBTI.</b> The goal is to analyse and plan elderly care centres so that they are more inclusive and better able to cater for the needs of these social groups.	Feminism and LGBTI, Social Action.		Innovation				
<b>Integrating administrative and services data. Data, big data and municipal indicators in the cycles of life and the perspective of ageing.</b> Gathering indicators and municipal data incorporating the perspective of the cycles of life to be able to evaluate and plan based on evidence. To move towards big data introducing the intergenerational and ageing perspectives.	Social Innovation	Studies and Programming Office	Reinforce-ment				
<b>Organising a conference about local policies to address demographic change.</b> Together with other institutions, a call for a conference to reflect on the challenges posed by demographic change and the role of the cities in creating spaces for debate and the exchange of experiences and good practices.	Area of Social Rights		Co-leader-ship				

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>71 Creating working groups that specifically focus on ageing to promote cross-cutting work in municipal policies.</b> Within the framework of the Co-responsibility Space and the talk on ageing, two working groups were set up: new opportunities for ageing and new opportunities for housing and ageing. The successful functioning of the working groups and the innovative actions derived from them has meant that this type of work will be reinforced, lending continuity to existing groups and creating others.	Area of Social Rights		Continuity				
<b>72 Engagement in the European project “Adapting European cities to population ageing: policy challenges and best practices” (ESPON2020).</b> Participating in the European project “ESPON2020” about the urban ageing process and public policies to address this. Winning project of the 2018 call in which eight European cities took part, among them Barcelona.				Area of Social Rights	Innovation		
<b>73 Broadening knowledge about dignified death and associated policies.</b> Debates about dignified death are complex and must be approached from the diversity of perspectives and beliefs. Some lines of action have already begun in this area of education with workshops and talks in schools and professional training. Information is disseminated from the Citizen Services Offices about last illness wills (DVAs) and specific actions have been carried out in cemeteries to raise awareness. A future line is to reinforce this area of public action to guarantee people full autonomy based on exercising their free will to terminate life.	Area of Citizens' Rights, Area of Social Rights		Innovation				

## Objective: Research into the effects of demographic change

Action	Run by	Participants	Type	2018	2019	2019-23	2023-27
<b>74 Current and future housing needs for elderly people.</b> A study on elderly people's housing conditions.	Area of Social Rights	Metropolitan Housing Observatory of Barcelona	Innovation				
<b>Analysing and finding out about the oldest people in society (+80 years), incorporating the most suitable methodologies to know their needs and preferences.</b> Opening a specific line of research about the oldest people in society, especially the most vulnerable and those with dependency. Promoting innovative experiences such as the one developed by the Ageing Group of the CMBS (Barcelona Social Welfare Council) to know the wishes and opinions of people with the greatest dependency and to involve them in defining care services and public policies.	Area of Social Rights		Innovation				
<b>76 Studying the patterns of metropolitan residential mobility.</b> Estimating intermunicipal flows in the metropolitan area and revising housing policies in this area.	Area of Social Rights	Metropolitan Housing Observatory of Barcelona	Co-leadership				
<b>77 Establishing a line of analysis and research about immigration, interculturality and ageing.</b> A lack of knowledge about the situation of migrant persons and the ageing process has been detected. The action aims to open a line of research and analysis about services for elderly people from different cultures and to support spaces of engagement and the entities involved (Barcelona Advisory Council for Elderly people, CMIB (Barcelona Municipal Immigration Council) and others).	Area of Citizens' Rights, Area of Social Rights		Innovation				

## Acronyms

- AMB - Barcelona Metropolitan Area
- ASPB - Barcelona Public Health Agency
- CAGG - Barcelona Advisory Council for the Elderly
- CAMU - Municipal Universities Advisory Service
- CSB - Barcelona Health Consortium
- ECAS - Catalan Social Action Entities
- FEICAT - Catalan Federation of Placement Companies
- ICUB - Culture Institute of Barcelona
- IMEB - Municipal Institute for Education of Barcelona
- IMHAB - Municipal Institute for Housing and Rehabilitation of Barcelona
- IMPD - Municipal Institute for People with Disabilities
- IMSS - Municipal Institute of Social Services
- LGBTI - Lesbian, gay, bisexual, transsexual, and intersex people
- OMIC - Municipal Consumer Information Office
- OND - Office for Non-Discrimination
- TMB - Barcelona Municipal Transports
- XSFC - Family Carers Support Network

## 07. Monitoring the strategy and the coordination team

In order to monitor and evaluate the strategy after it has been approved, it is planned for the coordination team to become the monitoring group, as part of Barcelona City Council's Area of Social Rights, with the inclusion of new people who are considered to be necessary in order to guarantee operational deployment, as well as representation in the participation forums for this monitoring.

Through dialogue with the various people responsible, the monitoring group will have a system of information on which they will be able to produce the annual implementation report. This report will be presented and discussed in the participation

forums concerned, especially in the CMBS ageing group and in the CAGG, for the purposes of accountability and compiling recommendations and improvement actions for the following year. At the same time, the studies provided for in the strategy must enable the analysis to be updated in certain aspects and developed further, in order to bring it in line with a changing reality.

A number of people from Barcelona City Council, various organisations and other bodies have participated in and made contributions to this strategy. Specifically, the strategy coordination team was made up of the following members:

- Natalia Rosetti, Deputy Mayor's Office for Social Rights.
- Ester Quintana, Department of Senior Citizens, Area of Social Rights.
- Davide Malmusi, Department of Health, Area of Social Rights.
- Pilar Soldevila, Department of Coordination and Strategic Projects, Municipal Manager's Office.
- Joana Luna, Department of Coordination and Strategic Projects, Municipal Manager's Office.
- Quique Cano, Department of Senior Citizen Promotion, Area of Social Rights.
- Antonio Fernández, Department of Social Participation, Area of Social Rights.
- Sergi Martí, Department of Social Participation, Area of Social Rights.
- Eva Jou, Secretary of the Social Housing Council, Area of Social Rights.
- Joan Recasens, Secretary of the Social Housing Council, Area of Social Rights.
- Beatriz Garcia, Department of Care Time and Economy Programmes.
- Department of Cooperative, Social and Solidarity Economy Services and Consumer Affairs.
- Lucia Artazcoz, Barcelona Public Health Agency.
- Yolanda Fierro, Department of Planning and Processes, Area of Social Rights.
- Montserrat Freixa, Department of Services for People and Territory, District of L'Eixample.
- Lucas Martínez, Department of Services for People and Territory, District of Nou Barris.
- Montserrat Martín, Department of Services for People and Territory, District of Nou Barris.
- Susana Descals, Department of Services for People and Territory, District of Sant Andreu.
- Eva Alfama, Ciutat Vella District Councillor.
- Eduard Jiménez, public policy consultant.
- Marc Martí-Costa, Barcelona Institute of Regional and Metropolitan Studies.

Demographic  
change and  
ageing

A city for all times of life  
(2018-2030)

Budget  
and services  
catalogue

# Budget and Services Catalogue

This catalogue includes all the services, programmes, projects and actions promoted by Barcelona City Council that target senior citizens. They include social care, prevention and promotion policies focused on senior citizens which are mainly implemented by the Area of Social Rights, and the vast majority of these projects have been allocated a budget.

Many of these programmes are structural in nature and most of them are part of the 2010-2011 Social Services Portfolio, established in Decree 142/2010, of 11 October, and included in the Generalitat of Catalonia budget for 2017. Specific or general facilities, where various activities for senior citizens take place, have also been added, whether they be promoters and participants in the design of the activities or beneficiaries of them.

The tables present the name of the action or programme, the main theme of the action (if the main focus is promotion, prevention or social care) and the type (facility, service, programme or projects and actions), as well as a description and the promoting unit and other responsible bodies. Lastly, some benchmark district actions are included.

The second section presents the budget for the vast majority of these actions from 2015 to the planned budget for 2018. During these years, there has been a significant increase in spending of approximately 30%. The budget and its evolution includes various

services and programmes distributed in large blocks: social participation services for senior citizens, promotional services, basic social services and care services for senior citizens. In the case of programmes aimed at the population as a whole that are considered relevant and should be included, the amounts spent have been calculated according to the percentage of users over the age of 65.



Name	Theme of action	Type	Description	Promoter
<b>Municipal centres and venues for senior citizens</b>	Promotion Prevention	Facility	<p>Group of facilities and venues for meeting, interacting, participation, leisure, etc., for the city's senior citizens.</p> <p>They are found in all city neighbourhoods and they aim to favour complete social integration, prevent situations of social isolation, foster interaction and promote the active participation of senior citizens in community life.</p> <p>They are aimed at:</p> <ul style="list-style-type: none"> <li>• People over the age of 60 and their partners.</li> <li>• People over the age of 55 who have taken early retirement.</li> </ul>	<p>Districts</p> <p>Department of Senior Citizen Promotion</p>
<b>Civic centres</b>	Promotion Prevention	Facility	<p>Local open facilities Although every centre has its own identity and way of working, all of them are interrelated and form the city's network of civic centres.</p> <p>Civic centres offer a wide variety of courses, workshops and cultural activities.</p>	<p>Districts</p> <p>Barcelona Institute of Culture (ICUB)</p>
<b>Neighbourhood centres</b>	Promotion Prevention	Facility	<p>Places where local residents can meet and interact. They promote democratic values and foster dialogue, solidarity, associations and collaboration to favour the development of the neighbourhood and improve community life.</p> <p>These centres promote networking with other facilities, organisations and groups and offer places and activities which foster exchange, creation, volunteer work and participation.</p>	<p>Citizens' Rights, Participation and Transparency</p> <p>Districts</p>
<b>Programme: "Treating senior citizens well"</b>	Promotion Prevention	Programme	<p>A group of actions promoted by Barcelona City Council, aimed at the promotion and the culture of treating senior citizens well and combating ageism or any form of age discrimination. It includes various types of informative, training, audiovisual and cultural tools.</p>	<p>Department of Social Participation</p> <p>Department of Senior Citizens</p> <p>Department of Senior Citizen Promotion</p>

Name	Theme of action	Type	Description	Promoter
<b>Voices of Senior Citizens Convention</b>	Promotion	Programme	Every four years since 2003, the CAGG, in collaboration with district senior citizen committees and councils, promotes this convention as a place for senior citizen participation, making it possible to compile, structure and evaluate the results of the work done and adopt future strategies and commitments concerning key areas for our city's senior citizens.	Department of Social Participation
<b>"I'm old, so what?" Deconstructing stereotypes and prejudices concerning the elderly</b>	Promotion Prevention	Project/ action	An initiative promoted by the Area of Social Rights, with the support of the CAGG, in order to question, in a participative way, stereotypes and prejudices which senior citizens often suffer because of their age, and in so doing, to vindicate their right to be different and to equality by combating discrimination.	Department of Senior Citizen Promotion  Department of Social Participation
<b>Community actions</b>	Promotion Prevention	Plans  Projects/ actions	<p>A group of collective care actions that are promoted by various municipal facilities, services, departments or City Council programmes, which are aimed at groups of people in a specific area in order to improve their quality of life. They may be carried out jointly, or not, with other services, community organisations and with the group concerned itself. The main aim is to create community bonding and progress towards involving senior citizens in the area.</p> <p>The actions follow these parameters:</p> <ul style="list-style-type: none"> <li>• Providing information and raising awareness in the community.</li> <li>• Supporting social groups and collectives.</li> <li>• Supporting local-resident initiatives promoted by local organisations.</li> <li>• Promoting social cohesion and social transformation.</li> <li>• Favouring inter-generational actions.</li> <li>• Promoting social volunteering work.</li> <li>• Other.</li> </ul>	IMSS  Department of Senior Citizen Promotion  Department of Citizens' Rights and Immigration Services (Citizens' Rights, Participation and Transparency)  Department of Community Action Services (Citizens' Rights, Participation and Transparency)  Districts

Name	Theme of action	Type	Description	Promoter
<b>Health schools for senior citizens</b>	Promotion Prevention	Programme	Programme involved in community health action, which consists of training sessions for senior citizens on subjects relating to health. It aims to provide information and encourage reflection in order to promote healthy habits and reduce loneliness in senior citizens. Based on the needs of each neighbourhood, it focuses on areas in a more disadvantaged situation.	ASPB IMSS Department of Community Action Services Districts
<b>Time Banks</b>	Promotion Prevention	Project	<p>Projects promoted by Barcelona City Council, in collaboration with neighbourhood association networks and the Health and Family Association.</p> <p>They foster interaction and mutual help among local residents in the community, exchanging time and skills. The idea is for members of the project to exchange services with each other, without money changing hands (the symbolic currency is time). The time exchange is carried out reciprocally (teaching to give and take), as peers (seeking equality), multilaterally (among the group of members) and not immediately, but when needed.</p> <p>The people taking part offer their time, doing small services related to everyday life, in exchange for the time of other people.</p> <p>There are also virtual time banks that make it possible to do exchanges online.</p>	Care Time and Economy Programmes Districts
<b>Ongoing Education Classroom Group (AFOPA)</b>	Promotion Prevention	Programme	<p>A group of classrooms used for the ongoing training of senior citizens. They focus on raising the general public's awareness about the need to continue people's education for their personal, cultural and social development.</p> <p>There are two possible types: cultural education and university extension. The latter are tutored by the universities that form part of the AFOPA Inter-University Council, in which all Catalan public universities take part.</p> <p>They also organise cultural visits and trips, as well as other academic and leisure activities.</p>	AFOPA Department of Senior Citizen Promotion

Name	Theme of action	Type	Description	Promoter
<b>University of Experience</b>	Promotion Prevention	Programme	The University of Experience makes integrated university programmes available to everyone over the age of 55. They are structured into one or more academic years, in which the student can reach a level of education recognised by the University of Barcelona.	University of Barcelona  Department of Senior Citizen Promotion
<b>Grandparents also educate in our schools</b>	Promotion Prevention	Project	<p>Many grandparents look after their grandchildren and take them to municipal <i>nursery schools</i> (EBM) in the morning, or pick them up in the afternoon.</p> <p>Recognising them as educators and as being jointly responsible for the children means that they also have a place in the school, to participate and be part of it.</p> <p>Children, professionals and families in general benefit from this exchange.</p> <ul style="list-style-type: none"> <li>• The school is offered as a place where, when entering or leaving, they can play with their grandchildren and share ways of playing, everyday things, educational principles, intervention strategies, difficulties, etc. In this way, families and educators can get involved in a common project at the centre, which takes into account the technical knowledge and experience of the professionals, as well as the grandparents' knowledge about their grandchildren.</li> <li>• The knowledge and experience of senior citizens is used by inviting them to various activities aimed directly at the children (storytelling, experimentation workshops, music, etc.).</li> <li>• They look after EBM spaces as active community volunteers (the vegetable garden, repairing toys, sewing, etc.).</li> <li>• They take part in activities that can be for people of all ages (music, psychomotor, dance, etc.).</li> </ul>	Barcelona Municipal Institute of Education (IMEB)

Name	Theme of action	Type	Description	Promoter
<b>Inter-generational participative venues</b>	Promotion Prevention		<p><i>Nursery schools</i> are often found near homes, centres or community organisations for the elderly. Through mutual knowledge, various initiatives favouring the intentional, ongoing exchange of resources and learning among elderly people and small children have been carried out, with the aim of fostering contact between the neighbourhood's various generations, creating real places for community life in order to obtain individual benefits for the children and the senior citizens, in addition to social benefits. The idea is to find activities that can be done by both senior citizens and small children, in a relationship of mutual help and collaboration.</p> <p>Collaboration is fostered with homes, centres and community organisations where senior citizens and children share a common space by doing joint activities. These activities can be one-offs (certain festivals, like Sant Jordi, Christmas, etc.) or periodic. Senior citizens also look after nursery school areas (e.g. in summer, they look after the vegetable garden) and activities for people of all ages are favoured (music, psychomotor, dance, etc.).</p>	IMEB
<b>Grandparents in family places</b>	Promotion Prevention	Project	Many grandparents look after their grandchildren throughout the day, without having a place where they can share experiences, problems and games with the children, talk about new educational models, network with other grandparents, etc. In family places they can enjoy a time of care and attention that is also for them.	IMEB
<b>Barcelona public library network</b>	Promotion Prevention	Facility Service	Barcelona has a network of public libraries which provide access to information and knowledge for all city residents. Libraries are a good place where senior citizens can borrow materials, read newspapers and magazines, take part in activities and find information about subjects that interest them.	Barcelona public library network

Name	Theme of action	Type	Description	Promoter
<b>Book clubs for senior citizens</b>	Promotion Prevention	Facility Service	<p>Book clubs specifically for senior citizens These clubs, coordinated by the Sant Pau-Santa Creu and Vilapicina i la Torre Llobeta libraries, meet regularly to read and discuss the chosen reading material, with the support of a library volunteer.</p> <p>They are located in the district of Ciutat Vella, in the Josep Tarradellas Municipal Senior Citizens Centre and in the Josep Trueta Municipal Senior Citizens Centre, and in the district of Nou Barris, in the Vilapicina i la Torre Llobeta Municipal Senior Citizens Centre.</p>	Barcelona public library network
<b>Trips for senior citizens subsidised by Barcelona City Council</b>	Promotion Prevention	Programme	The programme of trips for senior citizens is undertaken under an agreement with IMSERSO: Barcelona City Council reserves 2,000 places in the Spanish IMSERSO Tourism Programme and provides a 40% subsidy for senior citizens who have a free “targeta rosa” card.	Department of Senior Citizen Promotion
<b>“Get active in the parks” programme</b>	Promotion Prevention	Programme	<p>An outdoor physical exercise and health programme that is held in various Barcelona parks and gardens. It aims to encourage physical exercise for keeping healthy, maintaining an active psychological and social life, keeping in good condition and reducing the risk of illnesses while enjoying the city’s green areas.</p>	Barcelona Institute of Sports (IBE, in its Catalan abbreviation) ASPB
<b>Barcelona Walks</b>	Promotion Prevention	Programme	<p>A programme featuring an annual series of walks that are non-competitive and suitable for people of all ages. They encourage easy, healthy activities that are open to everyone.</p> <p>The programme has three activities:</p> <ul style="list-style-type: none"> <li>• Barnatresc: walk and discover Barcelona.</li> <li>• Naturtrec: walk and discover Catalonia.</li> <li>• Barcelona International walk: the big walk.</li> </ul>	IBE
<b>Circuits for senior citizens</b>	Promoció Prevenió	Programme	<p>Barcelona has various gymnastic circuits specially designed to promote health in senior citizens, helping them to maintain physical activity that is appropriate for their possibilities and to encourage the habit of moving around and doing regular physical activity.</p> <p>There are guided sessions at some of these installations.</p>	IBE

Name	Theme of action	Type	Description	Promoter
<b>Network of urban allotments for people over the age of 65</b>	Promotion Prevention	Programme	<p>An Area of the Environment participative programme for city residents over the age of 65, with the aim of including them in environmental-improvement activities by growing vegetables and following the principles of bio-agriculture.</p> <p>These urban allotments foster important social values among the participants and is of major environmental value for the city, as well as fulfilling their social function of inter-generational harmony.</p> <p>The programme is undertaken in collaboration with the city's districts and the "la Caixa" Banking Foundation.</p>	Ecology, Urban Planning and Mobility
<b>"Living and living together" programme</b>	Promotion Prevention	Programme	<p>This is a solidarity project for senior citizens and university students where they exchange company for free accommodation. It is promoted by the Roure Foundation with the support of Barcelona City Council.</p> <p>The programme is aimed at people over the age of 65, who prefer living alone, university students under 30 (or 35 in the case of postgraduate, master's and PhD students) and upper vocational training students who can share some of their free time.</p>	Roure Foundation Department of Senior Citizen Promotion
<b>Tarjeta Rosa [Pink card]</b>	Promotion	Service	<p>A social service promoted by Barcelona City Council, available to everyone over the age of 60 or who have a certified disability equal to or greater than 33% and are on low incomes.</p> <p>It allows the following:</p> <ul style="list-style-type: none"> <li>• Improved access to or use of public transport.</li> <li>• Advantages and discounts in facilities, establishments and services (chiropractic, opticians, audiology, museums, etc.).</li> </ul>	AMB Department of Senior Citizen Promotion
<b>Special transport service for people with reduced mobility.</b>	Promotion	Service	<p>An IMPD service provided by Barcelona City Council and Barcelona Metropolitan Area (AMB) that facilitates people with special mobility difficulties travelling in an adapted minibus or taxi This is complementary to regular public transport.</p>	IMPD Barcelona Metropolitan Area Transport

Name	Theme of action	Type	Description	Promoter
<b>“Let’s go down to the street” programme</b>	Promotion Prevention	Programme	This programme tackles the loneliness and isolation of senior citizens who are faced with architectural barriers when it comes to going out or people who are able to go out, because they live on the ground floor, but suffer social isolation due to mobility difficulties in the neighbourhood.	ASPB Catalan Ministry of Health
<b>“Radars” project</b>	Prevention	Project	The “Radars” project aims to reduce the risk of elderly people being isolated and socially excluded through community action. It is a prevention and care network in which volunteers, organisations, commercial establishments and public authorities take part. The aim is to help senior citizens who live alone or with other elderly people to remain in their own homes, with the help of people around them.	IMSS
<b>“Vincles BCN”</b>	Prevention	Project	“Vincles BCN” is a social innovation project that aims to tackle the isolation and loneliness of elderly people in Barcelona while also improving their security and well-being. It achieves this by creating trusted personal networks, with the support of digital technology.	Department of Senior Citizen Promotion
<b>Office for Non-Discrimination (OND)</b>	Social care	Service	<p>The OND is a local guarantee mechanism for responding to human rights violations relating to discrimination. The service is aimed at the general public with special emphasis on discrimination suffered because of origin, belonging to a certain culture or religion, sexual orientation or gender identity, among other things.</p> <p>It offers the following personalised and confidential services:</p> <ul style="list-style-type: none"> <li>• Information and basic guidance.</li> <li>• Conflict resolution in a situation where there has been discrimination, through mediation or conciliation.</li> <li>• Specialised legal and psychological advice.</li> <li>• Training on equality and the fight against discrimination.</li> </ul>	Citizens’ Rights, Participation and Transparency
<b>Basic social assistance services for individuals and families</b>	Social care	Service	A group of services, resources and benefits aimed at the general public and specifically at people over the age of 65. It includes personal assistance from social services centres as a way of gaining access to various resources and benefits in the social services system, such as the home-care service, the telecare service and so on.	IMSS



Name	Theme of action	Type	Description	Promoter
<b>Cash benefits for inclusion</b>	Social care	Service	Cash benefits aimed at covering basic needs, which are granted to individuals or families in a situation of temporary economic vulnerability or who find themselves in a situation of poverty and social exclusion. This includes both service provision and cash benefits.	IMSS
<b>Individual care programmes (PIA)</b>	Social care	Service	Act 39/2006, of 14 December, on the Promotion of Personal Autonomy and Care for Dependent Persons (LAPAD), establishes the PIAs drawn up by basic social services staff as a procedural and recognition instrument for dependency and the benefits or corresponding services.	IMSS
<b>Basic and advanced home care and telecare services (TAD)</b>	Social care	Service	<p>This is a permanent 24-hours-a-day, service that functions every day of the year. It aims to help senior citizens suffering from disability or dependence to continue living in their own homes in safety, while reducing the risk of isolation.</p> <p>The basic telecare service includes the following:</p> <ul style="list-style-type: none"> <li>• Active ageing programmes and telephonic monitoring.</li> <li>• Emergency home care with mobile units.</li> <li>• Key-holding service.</li> </ul> <p>The advanced telecare service includes the following:</p> <ul style="list-style-type: none"> <li>• A specific device for people who have difficulty in communicating orally.</li> <li>• Peripheral devices (gas, smoke/fire detectors; door opening, mobility).</li> <li>• Mobile telecare outside the home.</li> <li>• MIMAL: a device that allows continual remote localisation of people suffering from slight or moderate cognitive deterioration. Localisation is possible through the mobile phone network and GPS (using a network of satellites) included in the device. This enables the continual localisation of the user and the detection of potentially dangerous situations for them, in relation to their geographical position.</li> <li>• Support programme for carers.</li> <li>• Other telemonitoring, telemedicine and personal support programmes through technological means.</li> </ul>	Department of Senior Citizens

Name	Theme of action	Type	Description	Promoter
<b>SAD</b>	Social care	Service	<p>A home-care service comprising two types of service:</p> <ul style="list-style-type: none"> <li>• Personal assistance, which is basically aimed at caring for the person or persons assisted at home and support for the care environment. It includes support for personal hygiene and care, controlling nutrition and medication and the mobilisation of the person concerned. It may also include support tasks, help in acquiring habits and complementary tasks.</li> <li>• Cleaning the home, a support service involving the normal cleaning of the home and maintaining it in acceptable conditions of hygiene and sanitation. This service is only prescribed as a complement to a personal care service.</li> </ul>	IMSS
<b>Social meals service</b>	Social care	Service	<p>A daytime assistance service for the daily activities of senior citizens in a very vulnerable or fragile situation. There are two types:</p> <ul style="list-style-type: none"> <li>• Meals at home.</li> <li>• Meals in company, which are offered in adapted dining rooms in municipal facilities for elderly people. They simultaneously cover the needs for a balanced diet and a welcoming environment for relating to other people.</li> </ul>	IMSS
<b>Technical assistance for adapting the home Support products</b>	Social care	Programme	<p>Support products (technical assistance) are a complement to the home-care service.</p> <p>They include devices and equipment that are prescribed for people with a temporary or permanent lack of autonomy, which are used to give them an extra degree of autonomy in everyday activities and, in general, provide them with a better quality of life.</p> <p>This service is characterised by advice, evaluation, installation and monitoring of the support product through occupational therapy.</p>	IMSS

Name	Theme of action	Type	Description	Promoter
<b>The Movement Bank</b>	Social care	Service	<p>The Movement Bank is a solidarity and sustainable borrowing service concerning support products for people of all ages with reduced mobility or difficulty in moving. It facilitates access to all those who need it temporarily, with products that include crutches, wheelchairs or walking frames.</p> <p>This project is coordinated by the IMPD and is carried out with the participation of four social organisations: Asendi NB, Nexe Fundació, Amputats Sant Jordi and Cooperativa Alencop.</p>	IMPD
<b>Support programme for flat-owner communities</b>	Promotion Prevention	Program-me	<p>This programme aims to reinforce and consolidate owner communities and train them to manage collective affairs through support and advice processes.</p> <p>The programme has teams of educators who do the preliminary work of research, analysis and proposed intervention, according to the needs of the community. The programme accepts owner communities that show organisational deficiencies or community problems and a willingness to get involved in order to improve management of the community and the relations among neighbours.</p>	Manager's Office for Safety and Prevention
<b>Subsidies for renovating dwellings</b>	Promotion Prevention	Program-me	<p>Subsidies allocated for the habitability, accessibility and renovation of residential buildings, fostering accessibility, health and energy savings. These are subsidies for flat interiors and communal elements of buildings. Interior subsidies are for renovating the homes of people in a vulnerable situation (minimal habitability, safety, accessibility, hygiene and energy efficiency) while those for buildings and communal elements are for lifts, accessibility improvements, structural defects, architectural renovation and so on.</p>	Barcelona Housing Consortium (CHB, in the Catalan abbreviation)
<b>Home support service for senior citizens</b>	Social care	Service	<p>This service has two types:</p> <ul style="list-style-type: none"> <li>• Home support. A volunteer visits the senior citizen at home once a week for approximately two hours. This connection will be for life, with the aim of providing affective support and alleviating the senior citizen's isolation.</li> <li>• Sporadic support. Support for doing various tasks outside the home (prescriptions, medical visits or tests, paperwork, etc.).</li> </ul> <p>The support service is carried out by volunteers and it is free of charge.</p>	IMSS

Name	Theme of action	Type	Description	Promoter
<b>Support groups for carers</b>	Social care	Project	The support groups aim to facilitate places where people who are in a similar situation of caring for dependant people can meet and interact. The main idea is to reduce the burden on carers, working on emotions (guilt, bereavement, ambivalent feelings, etc.), while also facilitating training and information. These projects reinforce the empowerment of the carers and mutual help between group members, as well as their inclusion in the area.	IMSS
<b>Support network for carer families</b>	Social care	Project	This network is made up of organisations of people affected by some type of illness, their relatives and city institutions.  This is one of the Citizen Agreement for an Inclusive Barcelona networks, and its main aim is to provide families who care for people affected by illnesses with information and advice using attentive listening, as well as informing them of their rights, making them aware of social health policies, putting them in touch with professionals and making society aware of the work that they are doing.	Catalan Ministry of Health
<b>“Time for you” project for senior citizens</b>	Social care	Project	This consists of weekly three-hour activities and their main aim is to offer some personal time to those people who have to care for a relative, in their immediate surroundings, in order to prevent situations of stress and resignation, as well as to improve their quality of life.	Department of Senior Citizens
<b>Respir [Breathe] (temporary stays in residences or homes for the elderly)</b>	Social care	Service	A service offered by Barcelona Provincial Council consisting of temporary stays in homes, to provide support for families that care for senior citizens suffering from physical or mental deterioration, in order to facilitate their holidays, rest or other needs. The service is limited to a maximum stay of two months a year, which can be taken in minimum periods of fifteen days.	Department of Senior Citizens
<b>Respir Plus</b>	Social care	Service	A complementary service for the Respir programme. A service consisting of financial aid that enables temporary stays in residences, in order to provide support for families that care for senior citizens suffering from physical or mental deterioration, in order to facilitate their holiday, rest or other needs.	Department of Senior Citizens

Name	Theme of action	Type	Description	Promoter
<b>Flats with services for senior citizens</b>	Social care	Facility	<p>Flats adapted to the needs of senior citizens (regarding mobility, accessibility, resources, etc.) and with support services (sanitary, food, etc.), which these people may need at a given moment, according to their personal situation and autonomy.</p> <p>The service is aimed at people over the age of 65 who are self-sufficient or in need of supervision, and who are homeless or who don't have access to their home.</p> <p>It includes lodgings, concierge, telecare, personal care, social care, help with cleaning the house, etc.).</p>	Department of Senior Citizens
<b>Emergency Care Service for the Elderly (SAUV)</b>	Social care	Service	<p>A service for assisting senior citizens who find themselves in an emergency situation that requires immediate action, in order to offer them temporary shelter and care for their basic needs (lodgings, food, health and hygiene, etc.) while the most appropriate resources are found to deal with their situation.</p>	Department of Senior Citizens
<b>Residential shelter service</b>	Social care	Service	<p>Facilities designed to temporarily or permanently provide lodgings and care for senior citizens who are unable to carry out everyday activities (cleaning the home, personal hygiene, etc.) or who need constant attention (due to illness, a very advanced age, etc.) and who do not have any support from their family or other persons that would enable them to stay in their own homes.</p> <p>This service is part of a catalogue of Dependency Act services.</p>	Department of Senior Citizens

## Benchmark district actions

Name	Theme of action	Type	Description	Promoter
<b>Support and prevention of loneliness project. Municipal senior-citizen centres in Ciutat Vella</b>	Prevention Integration	Service	This service aims to respond to the need in Ciutat Vella to reach out to elderly people in a potential situation of social, physical or psychological isolation and make them more visible, as well as establishing preventive mechanisms by using the municipal network of senior-citizen centres and their potential as a socialising and community tool.	District of Ciutat Vella
<b>Promoting volunteer work among senior citizens and their involvement in the design of activities in senior-citizen venues</b>	Promoció	Project	<p>Through open informative sessions held in the neighbourhood, this project aims to generate working groups that carry out tasks prior to the opening of the facilities, in designing activities they would like to take place in the future. What do you want to do? How? With whom?</p> <p>The idea is to promote volunteering and respond to specific requests from senior citizens, while also finding uses for the resources of senior citizens involved in the project.</p> <p>The groups work for a period of between nine and ten months, with the support of specialist staff.</p>	District of L'Eixample
<b>Promoting cooperation networks with the neighbourhood</b>	Promotion Prevention	Project	<p>Promoting specific participation and interaction working groups in senior-citizen venues which work to ensure that senior citizens can find their place in the facilities as driving forces for cooperation in neighbourhood life.</p> <p>This involves generating places for coordination and cooperation with the various social stakeholders in each neighbourhood: medical centres (CAP), civic centres, libraries, schools, resident associations, health committees, organisations and other projects ("Radars", "Vincles BCN". etc.).</p>	District of L'Eixample
<b>"Learning with Senior Citizens"</b>	Promotion Prevention	Project	<p>The "Learning with Senior Citizens" project was launched 25 years ago in various organisations and facilities in Sants-Montjuïc, to break down the stereotypes held by the different generations and encourage them to exchange experiences and knowledge, as well as building community bridges and educating from a position of respect and freedom.</p> <p>Organisations taking part include primary and secondary schools, the University of Barcelona's Faculty of Psychology, the area's three homes for elderly people and the Josep Miracle municipal residential facility.</p>	District of Sants-Montjuïc

Name	Theme of action	Type	Description	Promoter
<b>“Health Fortnight”</b>	Promotion Prevention	Project	The “Health Fortnight” project has been under way for 27 years. It aims to promote health and healthy habits among all the senior citizens in the district and the rest of the city. It is held once a year (in May) and consists of a series of talks by world health experts, healthy activities and cultural activities.	District of Sants-Montjuïc
<b>“Sharing experiences”</b>	Promotion Prevention	Project	An inter-generational project launched in 2016. Undertaken in four district secondary schools, in order to work on the subject of learning and community service.  It consists of holding seven sessions in each school, where two age groups (school pupils and their grandparents) exchange experiences on various subjects, such as games, traditional trades, social networks, friendships, love relationships, using internet, activation to debunk myths about elderly people, etc. The entire process is recorded on video.	District of Les Corts
<b>Summer centre for grandparents and their grandchildren</b>	Promotion Prevention	Project	An inter-generational project launched in 2010. Joint and equal participation by senior citizens and the children, in order to foster social, inter-generational relationships.	District of Les Corts
<b>“Elderly people make stories for children”</b>	Promotion Prevention	Project	An inter-generational project launched in 2005. In this project, senior citizens write stories, which are then taken to schools and illustrated by the children. All the stories are made into a book, which is then given to the participants. There is a presentation ceremony for the book, attended by relatives, the children, the senior citizens and the school’s teaching staff.	District of Les Corts

Name	Theme of action	Type	Description	Promoter
<b>Activation programme for the district's senior citizens</b>	Prevention Integration	Programme (stable)	<p>The programme aims to:</p> <ul style="list-style-type: none"> <li>• Reinforce the joint work of all the public and private senior-citizen centres and groups, based on co-responsibility for promoting senior citizens.</li> <li>• Foster associations and the participation of senior citizens in promoting events.</li> <li>• Encourage social and cultural volunteering.</li> <li>• Support the District Senior Citizen Committee.</li> </ul> <p>The programme includes theatre, a painting exhibition, a choir gathering, a memory contest, a country-music event, sardanas and so on.</p>	District of Sarrià-Sant Gervasi
<b>Programme for vulnerable senior citizens</b>	Prevention Social care	Programme	<p>Designed to detect people in lonely situations through the network of centres for the elderly and the district's own facilities and organisations, to try to get them to go along to neighbourhood centres or facilities, as well as spot people who may have social or health problems, who are then referred to the appropriate service.</p> <p>Work is also done to integrate these people into the local residences and on inter-generational work with various schools and children's centres in the district.</p>	District of Horta-Guinardó
<b>Inter-generational day</b>	Promotion Prevention	Project	The perspectives of senior citizens and adolescents on a subject of interest are shared. A secondary school and volunteers from all the district's senior citizen centres and organisations take part.	District of Horta-Guinardó
<b>Centre committee</b>	Promotion	Project	The district's various public and private centres have a quarterly meeting where they can share their views, synergies, activities and the experiences of associations and volunteering.	District of Horta-Guinardó
<b>Walks to discover Horta-Guinardó</b>	Promotion	Project	Weekly routes are programmed for senior citizens to promote physical activity, discovering the district's heritage and interaction between the people taking part. People can sign up for the walks at any of the district's local and cultural centres, in order to foster the participation of senior citizens who do not belong to any of these facilities.	District of Horta-Guinardó



Name	Theme of action	Type	Description	Promoter
<b>“Let’s get moving” and “Short walks for senior citizens”</b>	Promotion	A global project aimed at promoting physical activity among senior citizens	<p>A day of physical activity is held on a public holiday, reflecting the promotional health activities for elderly people that are organised in elderly centres and the health schools of the various neighbourhoods in the Sant Andreu district.</p> <p>There are walks and outdoor physical activities, with the support of neighbourhood plans and animation from sports facilities.</p>	District of Sant Andreu
<b>Senior Citizens Week</b>	Promotion	Project	A group of activities are organised to celebrate the International Day of Older Persons by the “Radars” project, with the support of the Sant Andreu District, in the Sant Andreu neighbourhood. Associations and organisations are encouraged to take part in drawing up the programme and publicising activities, as well as networking and promoting city projects (“I’m old, so what?”).	District of Sant Andreu

# Budget for social participation and promotion services, and basic social services

In this section we present the budget from 2015 to 2018 for various Area of Social Rights services and programmes offered to senior citizens. More specifically, the budget corresponding to Chapters II and IV, the staff budget (Chapter I) and the budget for investment in facilities (Chapter VI), as well as the total implemented budget for those years and the proposed budget for 2018.

The data is organised into four large sections:

## Social participation services for senior citizens

This includes the expenditure allocated to specific senior-citizen participation projects and bodies, such as the CAGG and part of the Agreement for an inclusive Barcelona and the CMBS.

## Social promotion services for senior citizens

This includes expenditure for both the districts and the Area of Social Rights' Department of Senior Citizen Promotion. This expenditure goes towards managing and maintaining the centres for elderly people throughout the city and the subsidies and agreements for promoting activities, e.g. holiday subsidies and the Targeta Rosa (Pink Card) for public transport. Special mention must be made of the "Vincles BCN" project, run by the Department of Planning and Innovation, which provides for the creation of a social support network for senior citizens, and "Radars", a community action project led by social services that aims to detect and prevent risk situations for senior citizens and to alleviate the negative effects and impact loneliness has on the elderly.

## Basic social services

Referring to expenditure in Chapter II of the budget (“Current expenditure on assets and services. Management of public services and contracts”), this includes the proportional part, based on the weight of senior citizens in the service concerned (percentage of users with regard to the total number in the service). In the case of the home-care, telecare and social meals services, the proportion of users aged 65 or over is, in general, over 90%.

## Care services for senior citizens

This includes the expenditure associated with facilities and services for senior citizens which are the responsibility of the Department of Social Care for Senior Citizens and for the Promotion of Personal Autonomy at the Municipal Institute of Social Services (IMSS). These facilities include the Parc Guinardó, Josep Miracle, Francesc Layret and Fort Pienc municipal residences for elderly people; flats with communal services and sheltered flats, and the Casa Bloc Day Centre.

One care service that stands out is the Emergency Care Service for the Elderly (SAUV). Furthermore, there is now a cross-departmental committee that brings together services for senior citizens, health and communication, in order to respond to the mistreatment of elderly people.

The Department of Health also manages promotional programmes targeted at senior

citizens, such as “Bajamos a la calle” (Let’s go down to the street) which provides care for elderly people over the age of 65 who, due to physical problems or architectural barriers, are unable to get outside by themselves.

Lastly, we present the budget for Chapter I on senior citizen care staff (it must be remembered that this does not represent the total expenditure on personnel, for example, of the districts) and investments in facilities.

Although they are not included in the table, there are other programmes and projects that should be taken into account and for which the time period was not available, or it was difficult to extract a specific calculation on the proportion allocated to senior citizens: programmes on healthy ageing, subsidies for housing rehabilitation, programmes in other City Council areas, and so on.

Services and programmes	Planned 2015	Implemented 2015	Implemented 2016	Implemented 2017	Planned 2018 <sup>1</sup>
Social participation services for senior citizens		€101,720	€102,045	€120,851	€156,723
CHAP. II		€101,720	€102,045	€120,851	€156,723
Social promotion services for senior citizens <sup>2</sup>	€5,978,190	€5,695,434	€5,723,238	€7,088,573	€10,782,112
CHAP. II					
Management of elderly centres	€254,926	€254,925	€219,367	€333,400	€1,070,817
Social promotion of senior citizens	€694,473	€651,506	€582,240	€877,883	€1,678,062
"Vincles BCN" project	€582,916	€274,891	€169,062	€709,967	€1,788,068
"Radars" project	€89,215	€72,467	€150,390	€399,241	€439,475
CHAP. IV					
Tarjeta Rosa [Pink card]	€910,000	€804,160	€824,208	€873,675	€910,000
Subsidies and care agreements for senior citizens		€309,625	€288,300	€301,000	€262,000
Social promotion of senior citizens	€1,094,923	€1,073,467	€1,196,042	€1,292,905	€1,439,061
Management of elderly centres	€2,065,787	€2,054,392	€2,207,678	€2,214,550	€1,942,016
"Vincles BCN" project	€285,950	€200,000	€85,950	€85,950	€1,252,613

1. Expenditure for 2018 is estimated.

2. Budget for the districts and the Area of Social Rights.

3. Expenditure amounts according to the percentage of users aged 65 or over. SAD represents the highest amount, and rises from the €51,380.00 million estimated for 2015 to the €83 million estimated for 2018, an increase of 62%. SAD's implemented budget for this period in 2015 was €53,063,426; in 2016, it was €65,542,688 and for 2017, it rose to €75,086,406.

4. The expenditure on inclusion benefits cannot be estimated, as these are social emergency benefits for basic needs and subsistence.

Services and programmes	Planned 2015	Implemented 2015	Implemented 2016	Implemented 2017	Planned 2018 <sup>1</sup>
Basic social services <sup>3</sup>	€53,591,422	€60,085,400	€71,650,983	€80,394,517	€87,337,009
CHAP. II					
SAD	€43,827,140	€45,263,102	€55,449,114	€63,523,099	€70,218,000
Telecare	€9,764,282	€9,522,641	€10,072,966	€8,448,465	€9,379,649
Individual, family, group and community social care		€1,557,852	€1,788,969	€3,571,126	€2,890,160
Social meals (meals in company, meals at home)		€3,741,805	€4,339,933	€4,851,827	€4,849,200
Care services for senior citizens	€19,606,774	€18,903,036	€18,784,650	€17,690,990	€22,434,932
CHAP. II					
Care centres for senior citizens	€8,033,395	€7,404,068	€7,494,403	€7,106,346	€1,917,227
Housing with services	€2,874,032	€2,866,667	€2,865,738	€2,890,305	€896,662
Temporary emergency shelter service	€1,871,025	€1,259,100	€3,202,237	€5,345,543	€1,502,445
Other care services	€31,300	€27,717	€12,033	€12,490	€32,142
CHAP. IV					
Care centres for senior citizens	€7,443	€7,443	€330	€1,017	€6,100,389
Housing with services	€989,331	€989,331	€889,459	€880,239	€3,837,730
Temporary emergency shelter service	€5,331,862	€5,331,862	€3,388,767	€216,540	€7,699,099
Other care services	€468,386	€533,386	€374,300	€427,000	€449,238
IMSS cash benefits for inclusion <sup>4</sup>		€483,462	€557,383	€811,510	
Chap. I (personnel) Senior Citizens		€10,738,901	€12,454,625	€12,693,187	€13,213,511
Chap. VI (investments) Senior Citizens	€4,609,131	€4,370,353	€5,266,842	€4,435,951	€4,374,730
TOTAL	€83,785,517	€99,894,843	€113,982,382	€122,424,068	€138,299,017



Demographic  
change and  
ageing

A city for all times of life  
(2018-2030)

# Appendix

Maps showing  
demographic data,  
facilities and services

# Maps showing demographic data, facilities and services

It is essential to understand the territorial component involved in the distribution of senior citizens in the city, in order to plan a strategy for demographic change in the framework of a scenario that is changing generationally. Ignoring the spatial dimension of the phenomenon could lead to actions that only take into consideration one reality of the city, while on the ground, we find neighbourhoods that differ from each other, both in the number of senior citizens living there and in the access they have to the various facilities offering services to them.

This document includes 26 maps, some of which have been included in the analysis of the Strategy for Demographic Change and Ageing. The first maps show demographic data on senior citizens, as well as the territorial distribution of people using the services, the following maps show the distribution of various city facilities and lastly, on a smaller scale, maps showing the people using SAD along with other facilities, with the aim of making progress in the social superblock project.

The various demographic indicators show a distribution of senior citizens in accordance with the density of the total population. However, in relative terms, we can see clear differences between neighbourhoods. While in absolute numbers, the Nova Esquerra de l'Eixample neighbourhood has the most

residents aged 65 or over (13,413 on 1 January 2017), it is the Montbau neighbourhood which has the greatest proportion of people aged 65 or over, with respect to the neighbourhood's total population (30.50%). In the district of Les Corts, 25.5% of the population is aged 65 or over, which makes it the oldest district in the city. It is important to observe what changes there have been in the distribution of senior citizens in the city in recent years. In 2011, the district of Ciutat Vella had 9,507 people aged 65 or over; six years later, in 2017, there were 8,271, a decrease of 13% which makes it the district with the biggest decrease in the whole city.

As with the various economic and poverty indicators available, the income level of senior citizens varies greatly according to the neighbourhood. It can also be seen that low income among senior citizens is more intense than in other population groups. In some neighbourhoods of the Sants-Montjuïc and Nou Barris districts, over 40% of the people aged 65 or over have incomes below 1 IPREM (€537.84 a month for 2018); while in the neighbourhoods of Pedralbes and Tres Torres, the percentage of residents aged 65 or over with incomes below 1 IPREM is under 7%.

In fact, income is one of the variables that explains the more or less intensive need for some public resources allocated to senior



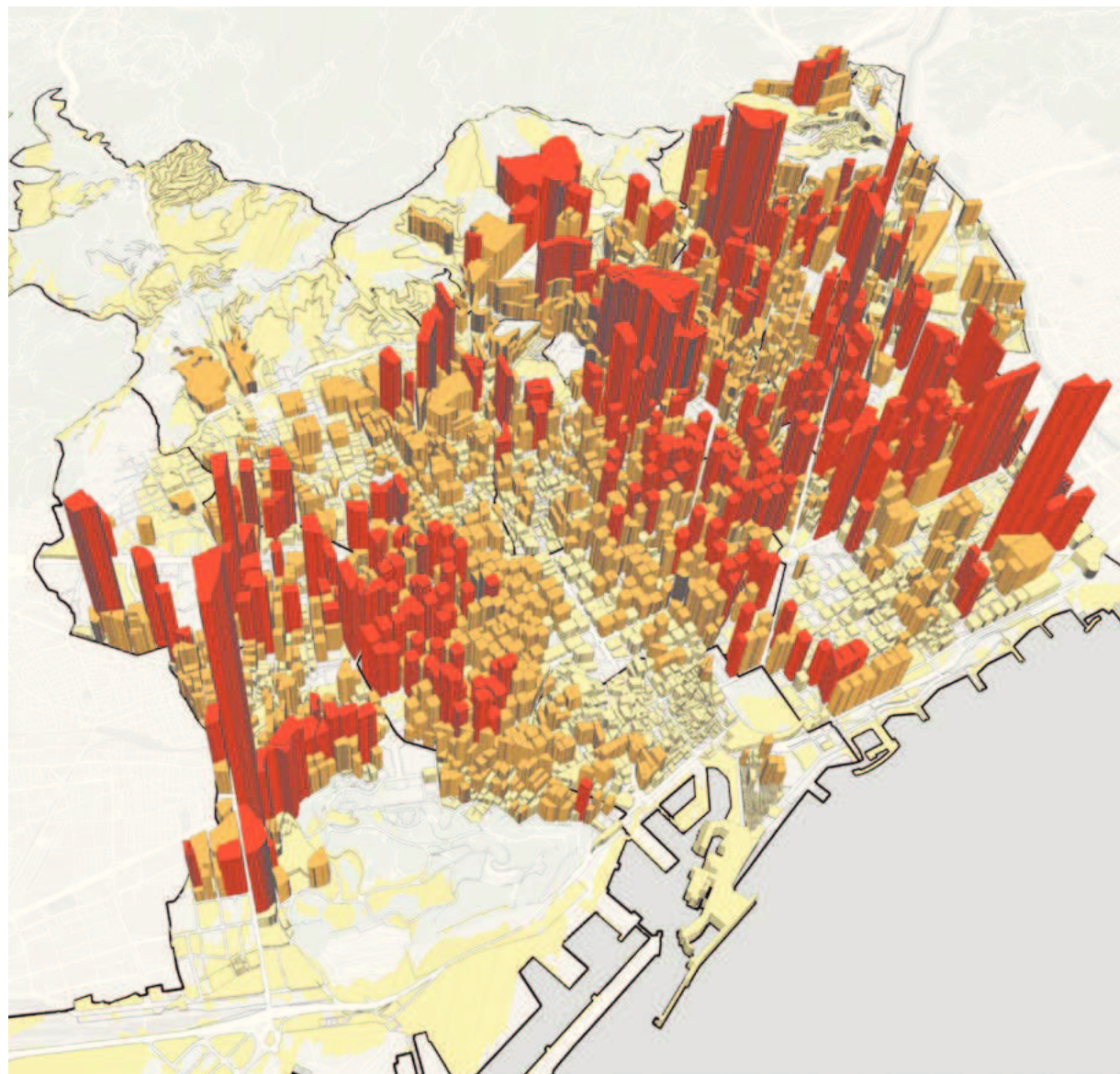
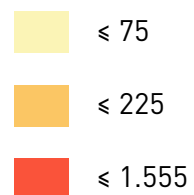
citizens, such as the SAD services. It can be seen that the proportion of people using SAD in the city is rather unequal and is not governed as much by the distribution of senior citizens on the ground. In the Les Corts and Sarrià-Sant Gervasi districts and the Vila Olímpica neighbourhood, the proportion of people using SAD is up to five times lower than that of some areas of the Raval neighbourhood, for example. Effectively, the ratio of people using SAD per 100 residents aged 75 or over in the district of Ciutat Vella is 20.7%, while in Sarrià-Sant Gervasi, we find 4.63 people using SAD for every 100 residents aged 75 or over in the district. Furthermore, as established in the analysis, 72% of the users are women.

The unequal concentration of elderly people in the city, together with the heterogeneous nature of their socio-economic characteristics, are key analysis factors when considering the network of facilities aimed at senior citizens and where to locate them. The relationship between the needs of a changing population of elderly and very heterogeneous people and public services is one of the key points of the new management model for the SAD. One of the new model's objectives is to be able to provide SAD users with a local service, both for the care and assistance they need and for access to the various facilities available in surroundings that are as comfortable and secure as possible.

### Map 1 People aged 65 or over per block. Barcelona 2018

Source: own production based on data from the  
population census of 22 January 2018

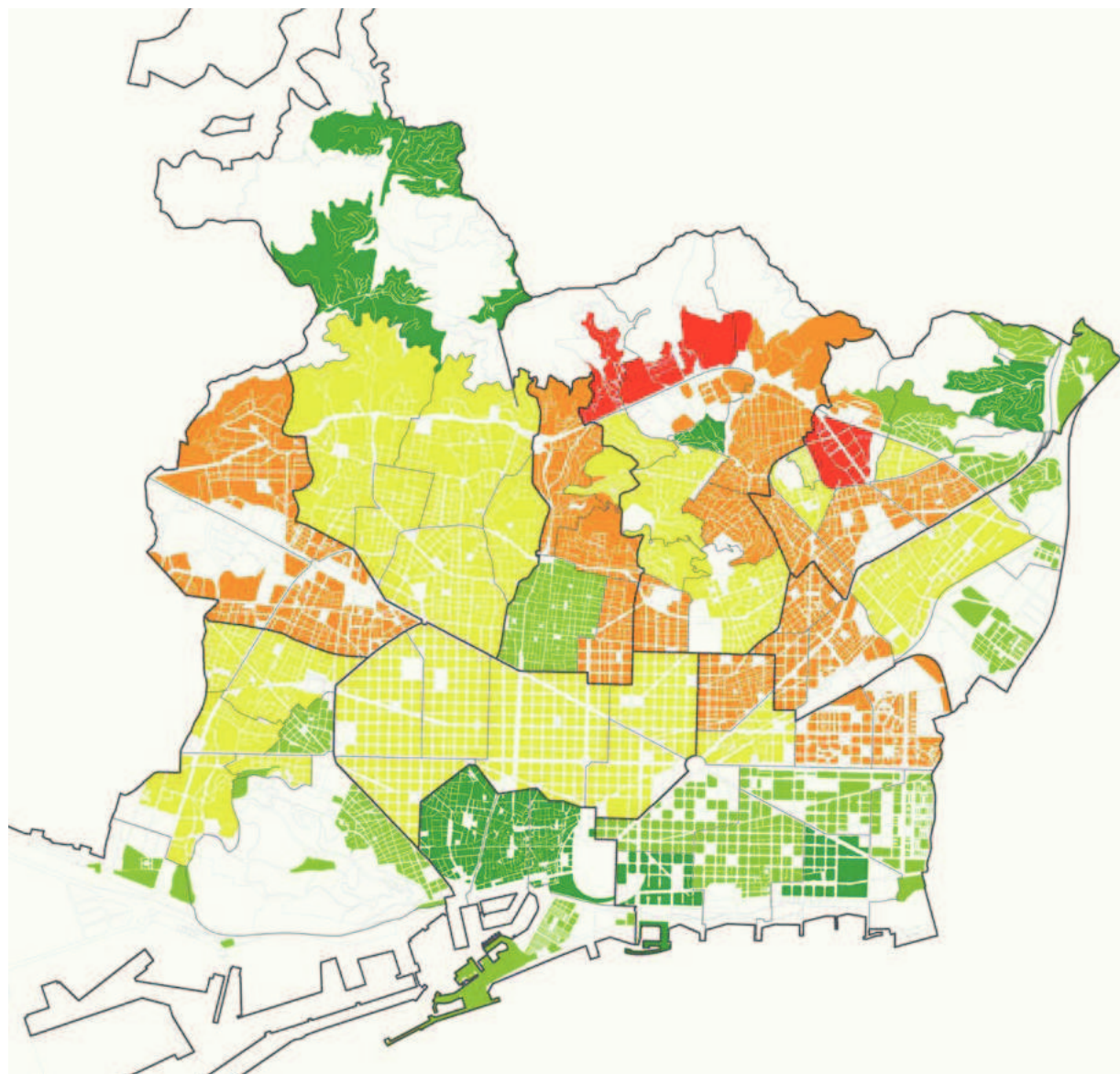
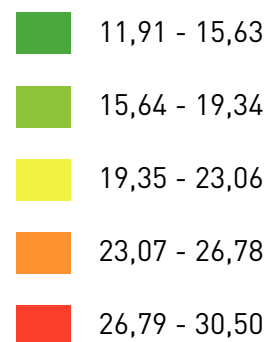
#### People aged 65 or over per block



**Map 2 Percentage of people aged 65 or over,  
with respect to the total neighbourhood  
population. Barcelona 2017**

*Source: own production based on data from the  
population census of 1 January 2017*

**% people ≥ aged 65**

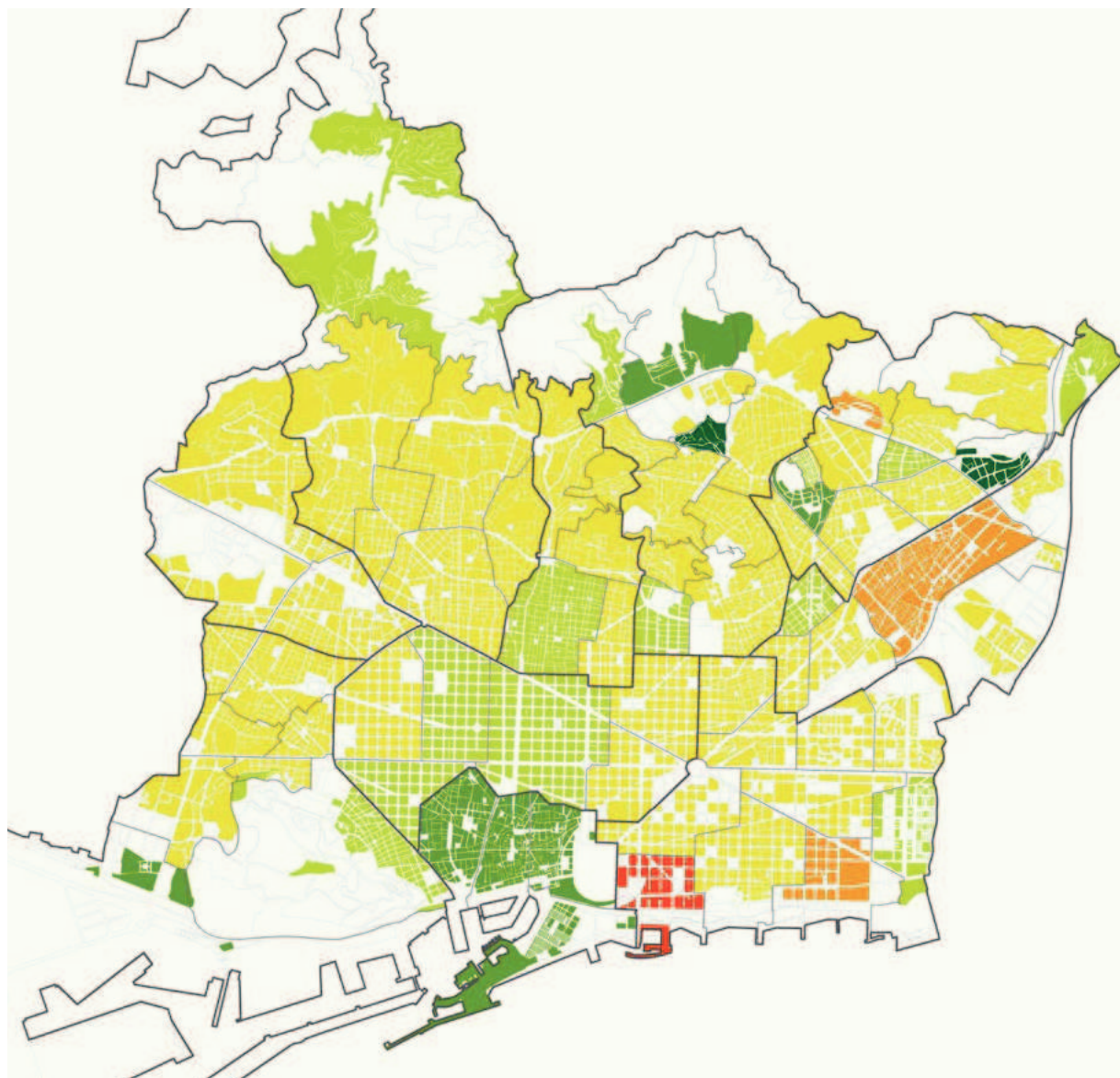
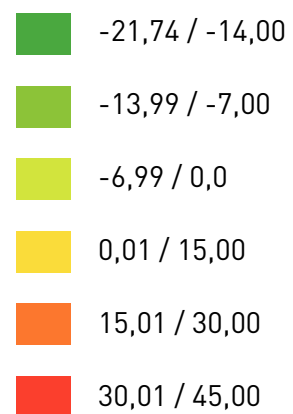




**Map 3 Variation (%) of people aged 65 or over, from 2011 to 2017, per neighbourhood. Barcelona 2017**

*Source: own production based on data from the 2011-2017 population census*

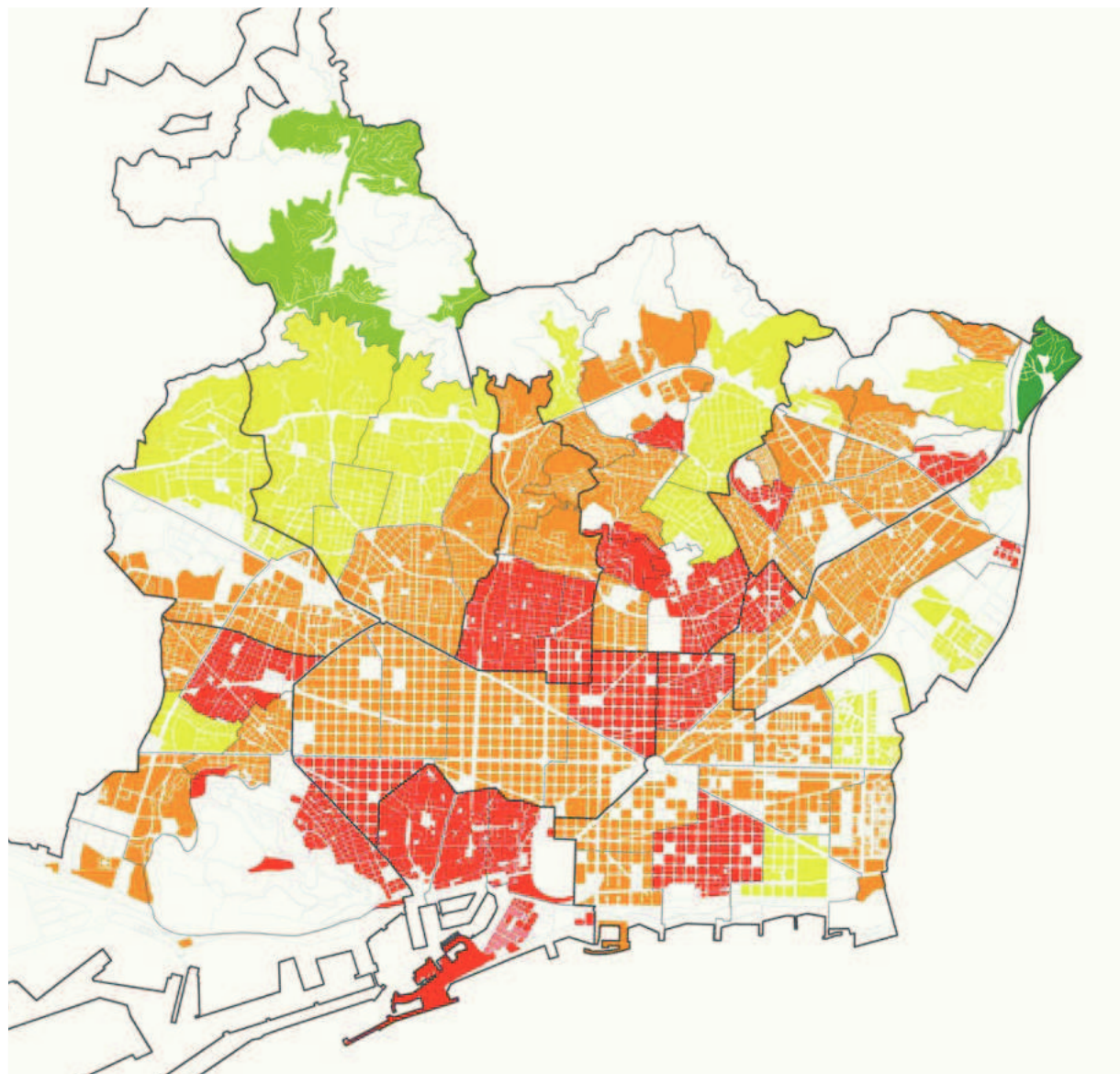
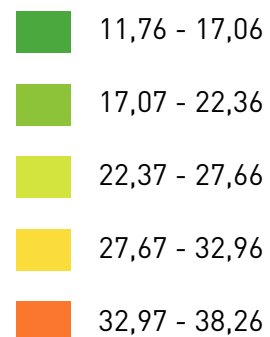
**% variation of people  $\geq$  aged 65**



**Map 4 Percentage of people aged 75 or over, living alone, with respect to the total population of 75s or over in the neighbourhood. Barcelona 2017**

*Source: own production based on data from the population census of 1 January 2017*

**% of people  $\geq$  aged 75 who live alone**

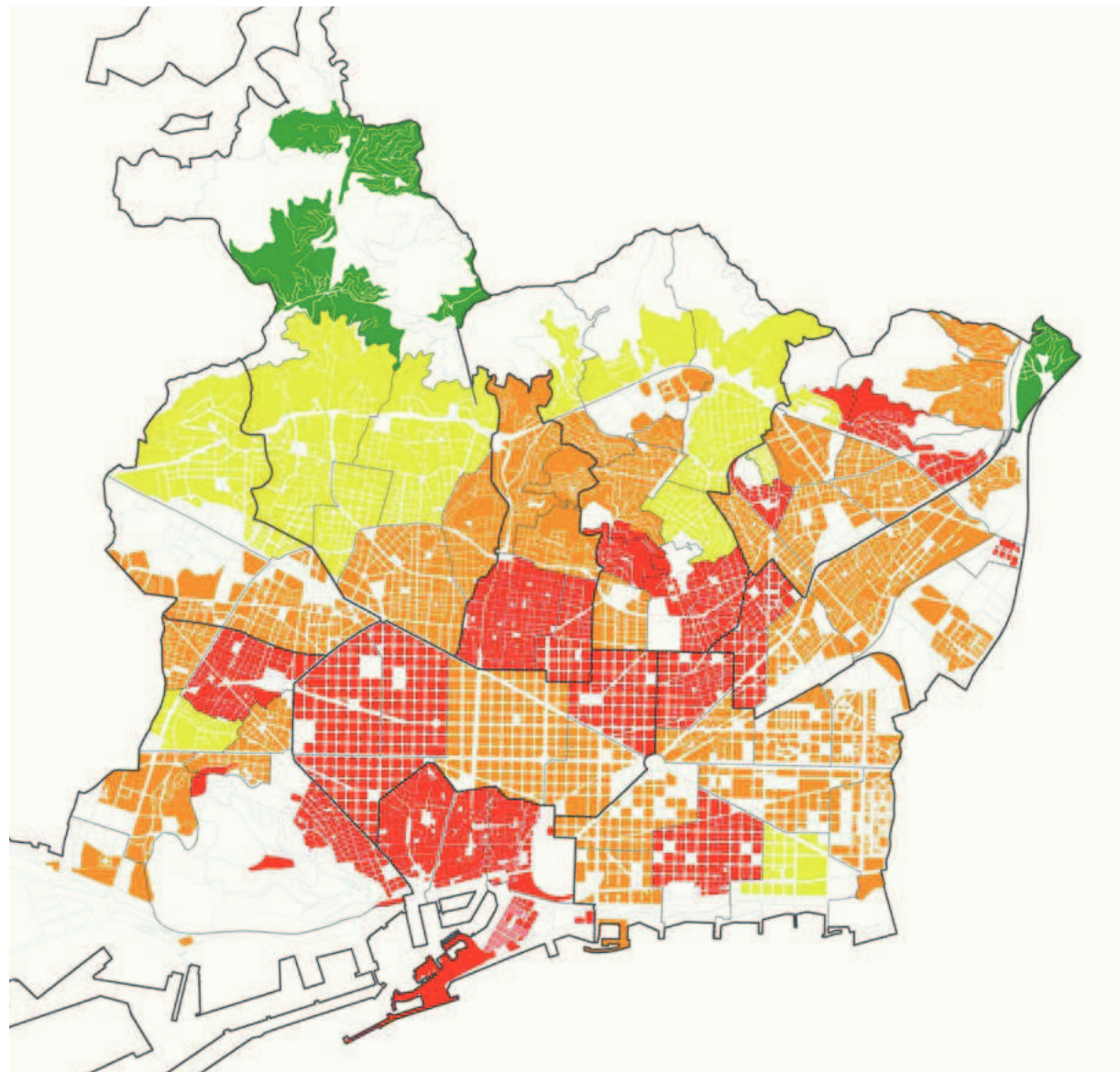
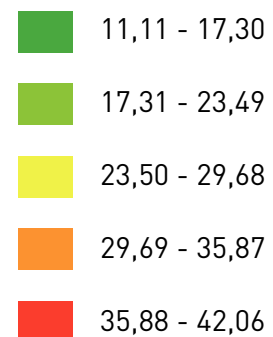




**Map 5 Percentage of people aged 80 and over, living alone, with respect to the total population of 80s or over in the neighbourhood. Barcelona 2017**

*Source: own production based on data from the population census of 1 January 2017*

**% of people  $\geq$  aged 80 who live alone**



**Map 6 Percentage of people aged 60 or over with incomes lower than 1 IPREM. Barcelona, February 2018**

*Source: own production based on data from the Targeta Rosa Report of 23 February 2018. Municipal Data Office, Department of Statistics and Data Diffusion*

**% people  $\geq$  aged 60 with income < 1 IPREM**

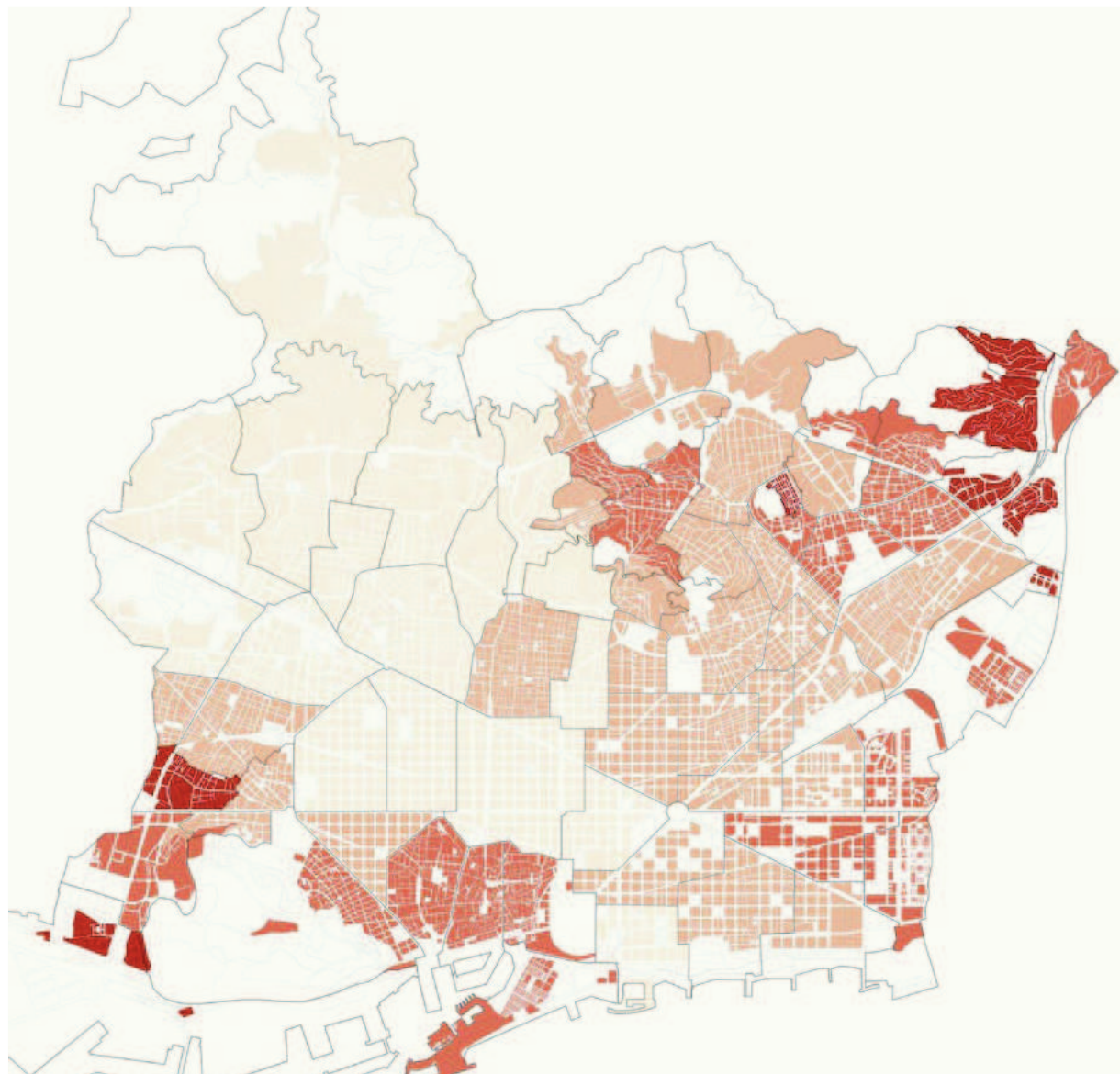
6,19 - 15,25

15,26 - 24,31

24,32 - 33,38

33,39 - 42,44

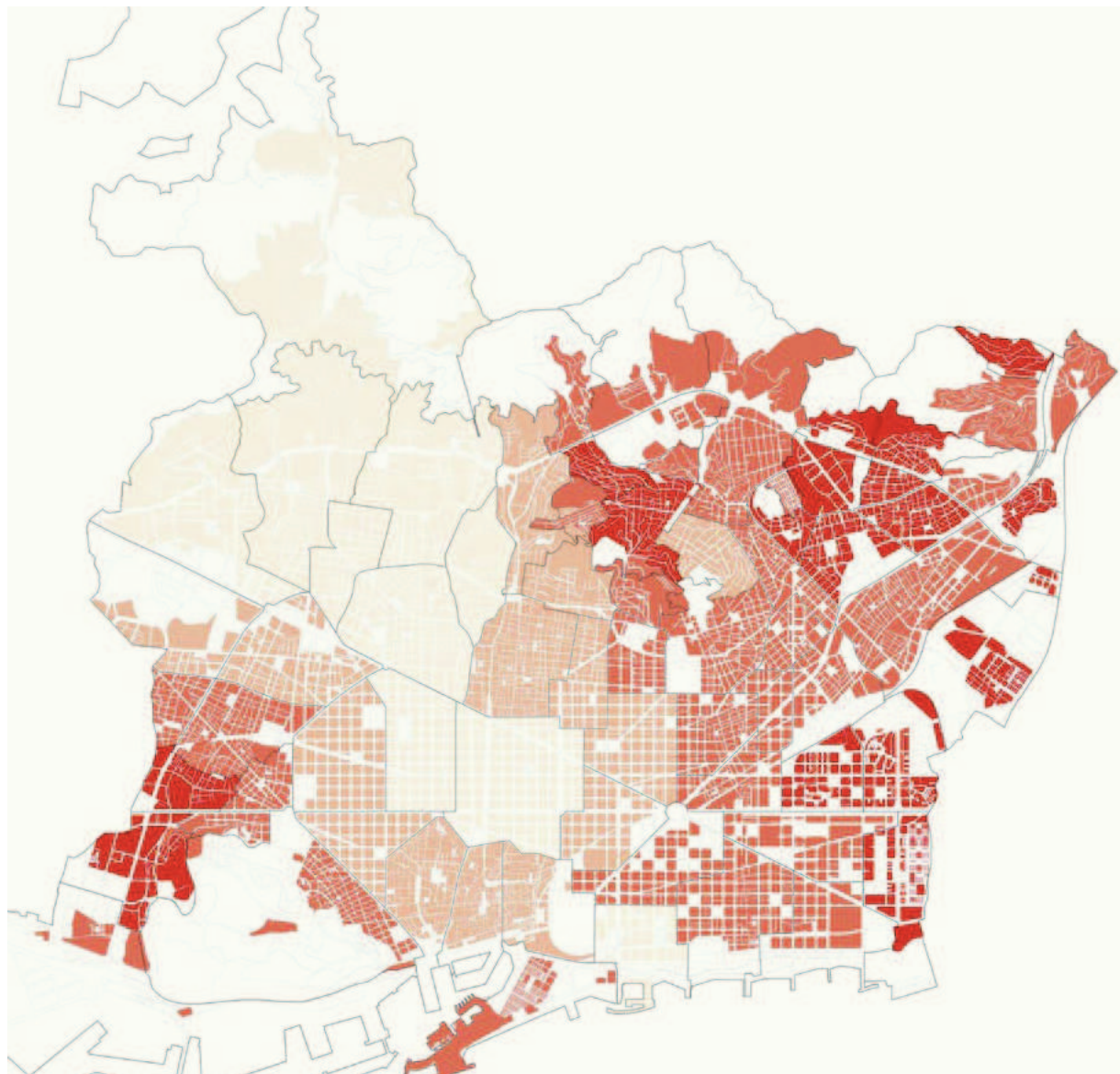
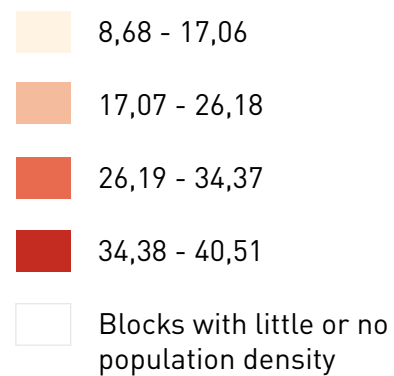
Blocks with little or no population density



**Map 7 Percentage of people aged 60 and over, with income between 1 and 2 IPREM. Barcelona, February 2018**

Source: own production based on data from the *Targeta Rosa Report* of 23 February 2018. Municipal Data Office, Department of Statistics and Data Diffusion

**% people  $\geq$  aged 60 with income  
 $< 1-2$  IPREM**

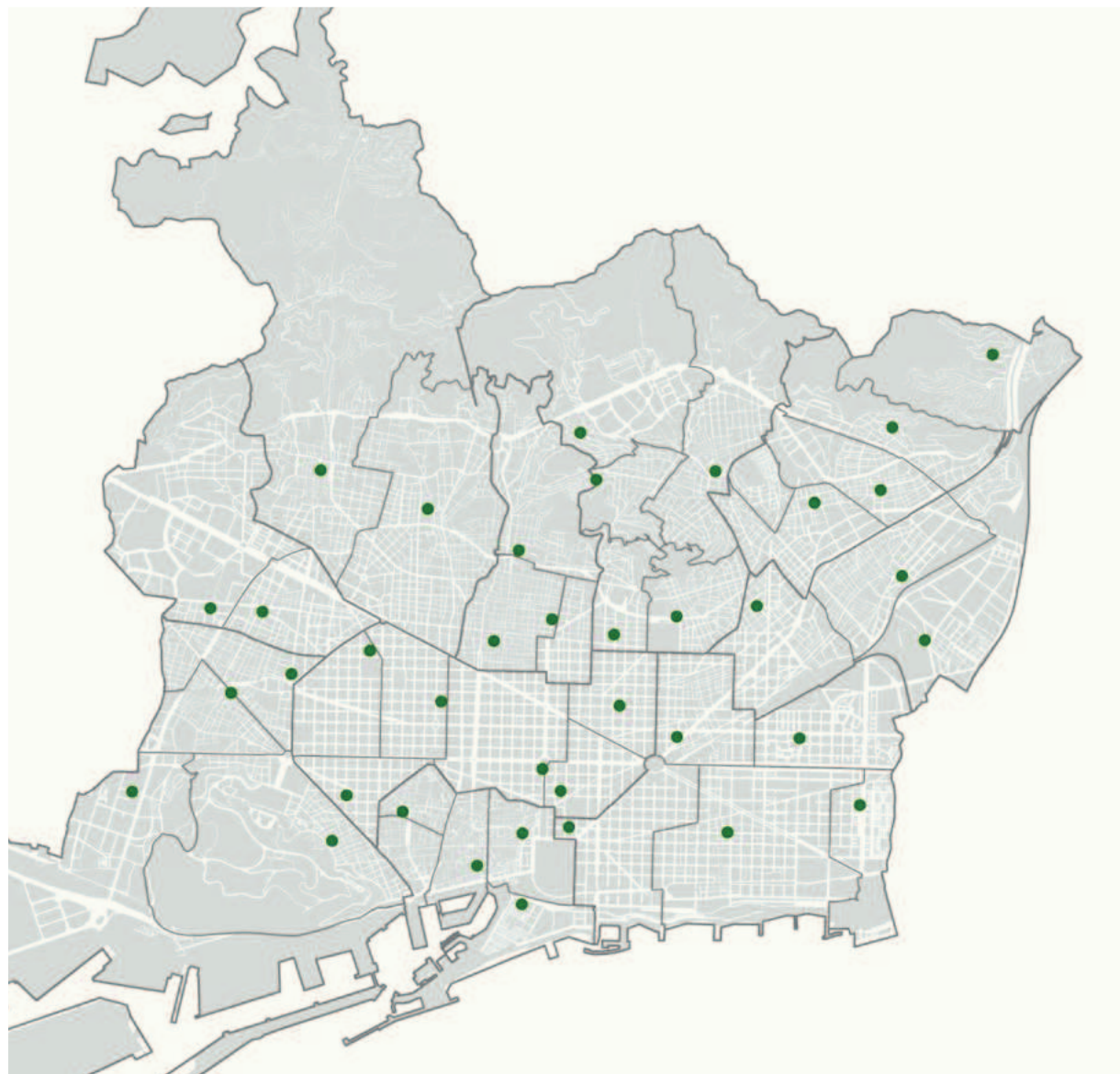




### Map 8 Social Services Centres Barcelona 2018

Source: own production based on data from the Area  
of Social Rights.

- Social Services Centres (CSS)
- CSS area of influence

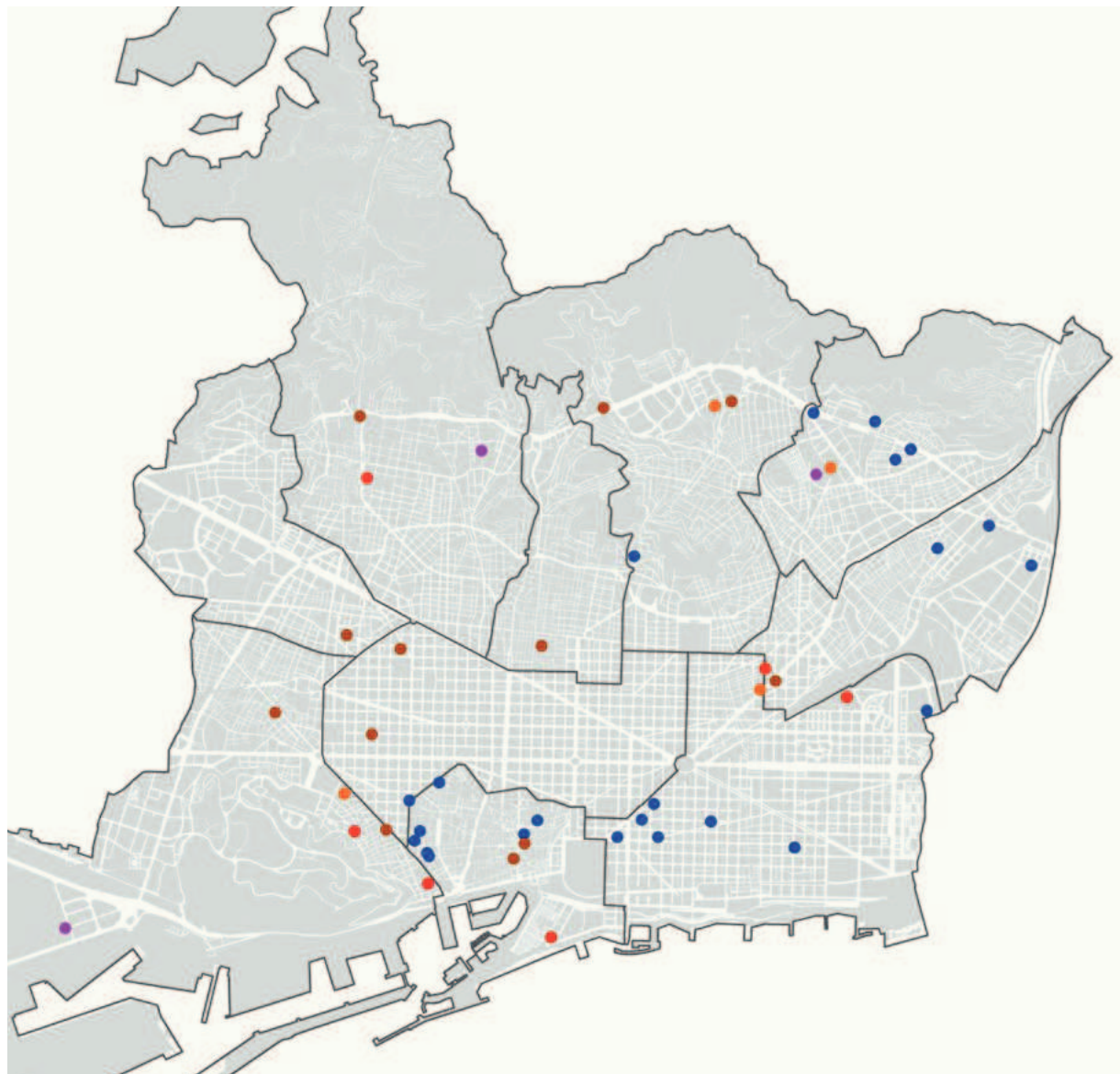


### Map 9 Municipal facilities for caring for vulnerable people. Barcelona 2017

Source: own production based on data from the Department of Care for Vulnerable People.

#### Facilities for caring for vulnerable people

- Inclusive housing
- Day centres
- CPA night-shelter centres
- Social-insertion residential shelter centres
- Hygiene and clothing facilities
- Food services

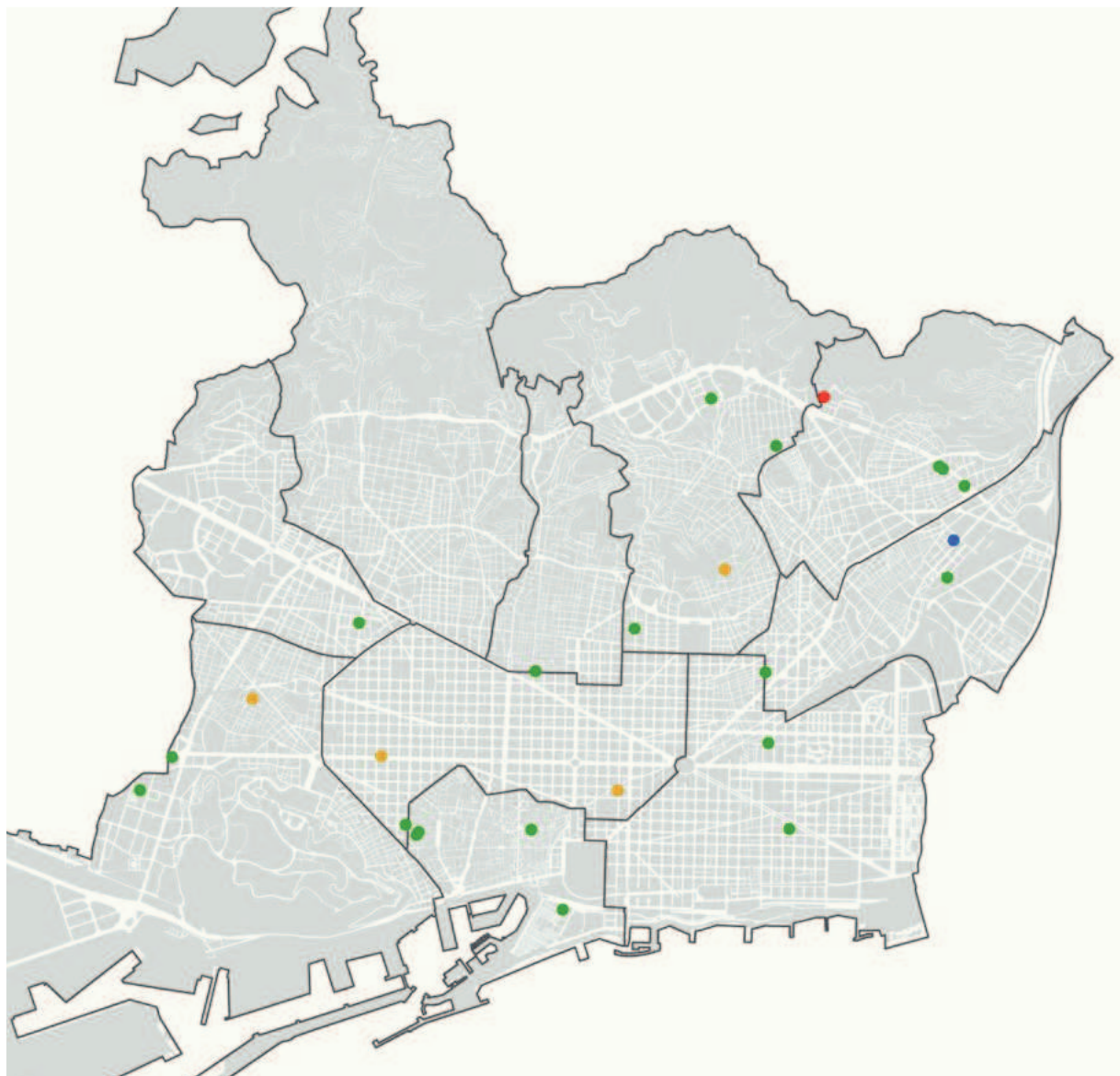


### Map 10 Facilities for caring for senior citizens. Barcelona 2017

Source: own production based on data from  
the Department of Senior Citizens

#### Facilities for senior citizens

- Assisted-living apartments
- Day centres
- Housing with services
- Municipal care homes



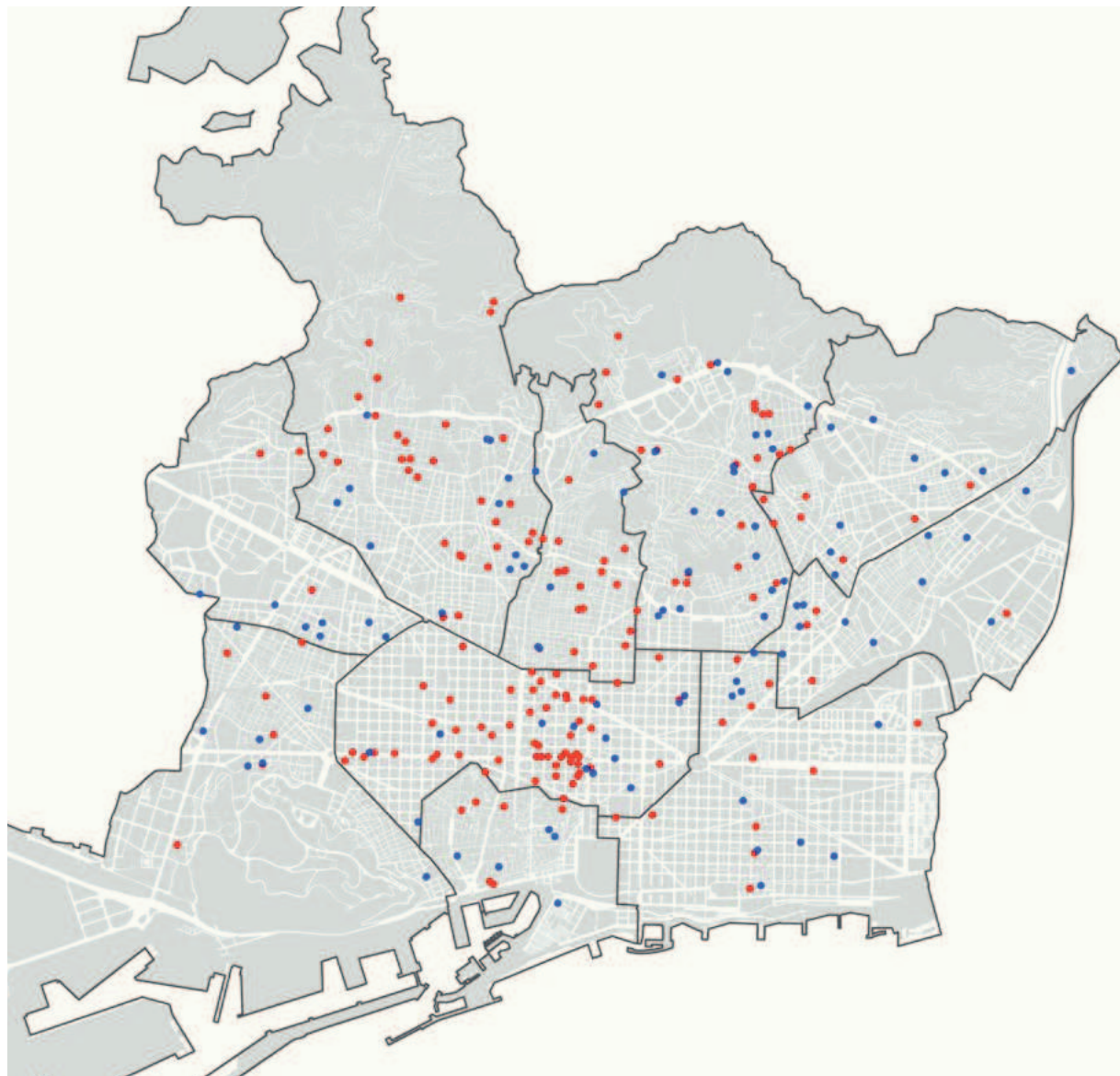


**Map 11 Day centres and public, private and subsidised residencies.  
Barcelona 2017**

*Source: own production based on data from  
the Barcelona Social Services Consortium*

**Establishments for senior citizens**

- Day centres
- Residencies



## Map 12 Libraries, civic and social centres for senior citizens. Barcelona 2018

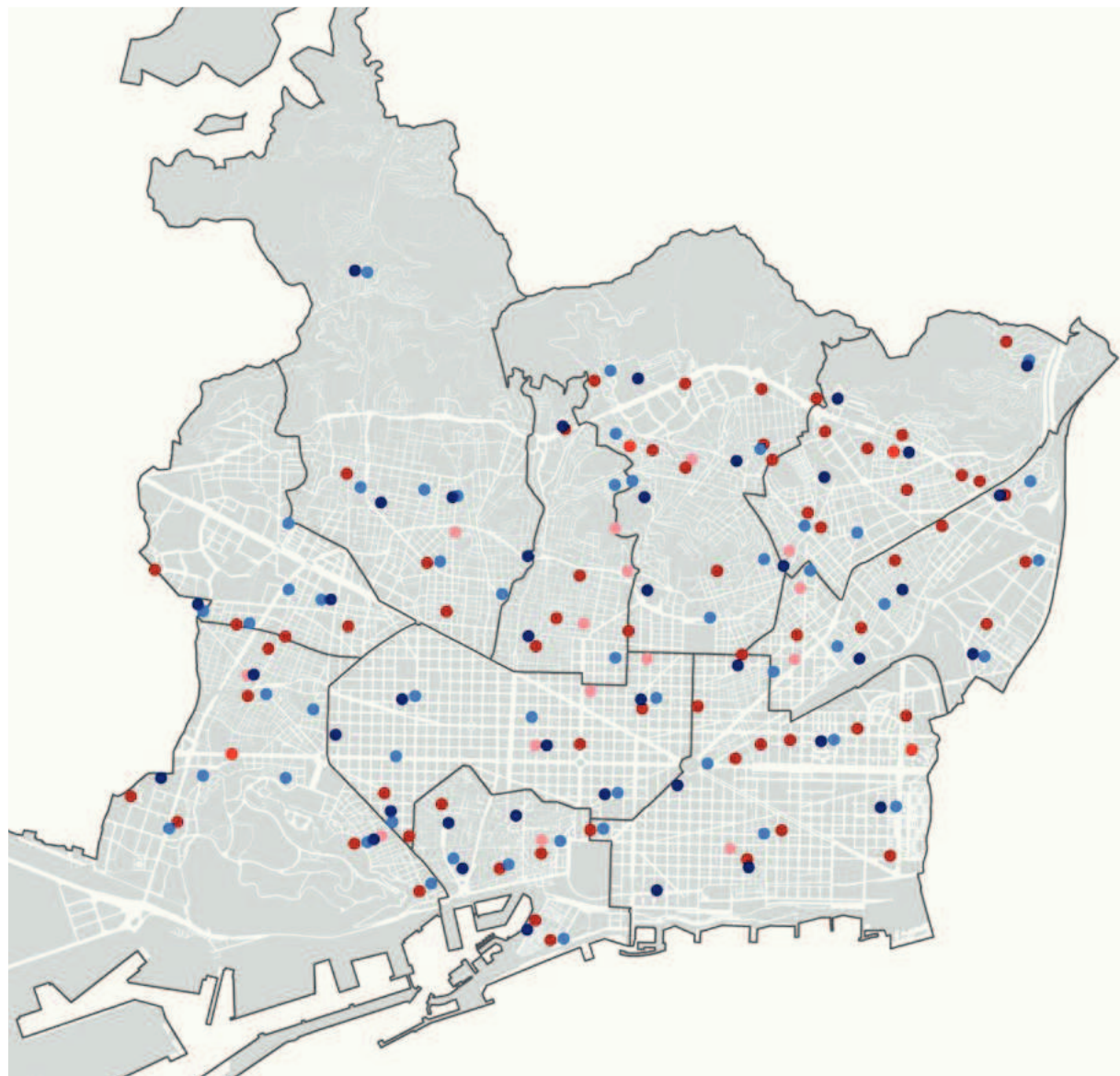
Source: own production based on data from the Barcelona Social Services Consortium

### Cultural facilities

- Municipal libraries
- Civic centres

### Promotional facilities for senior citizens

- Senior citizen centres
- Senior citizen centres run by the Government of Catalonia
- Centres run by Fundació "la Caixa"

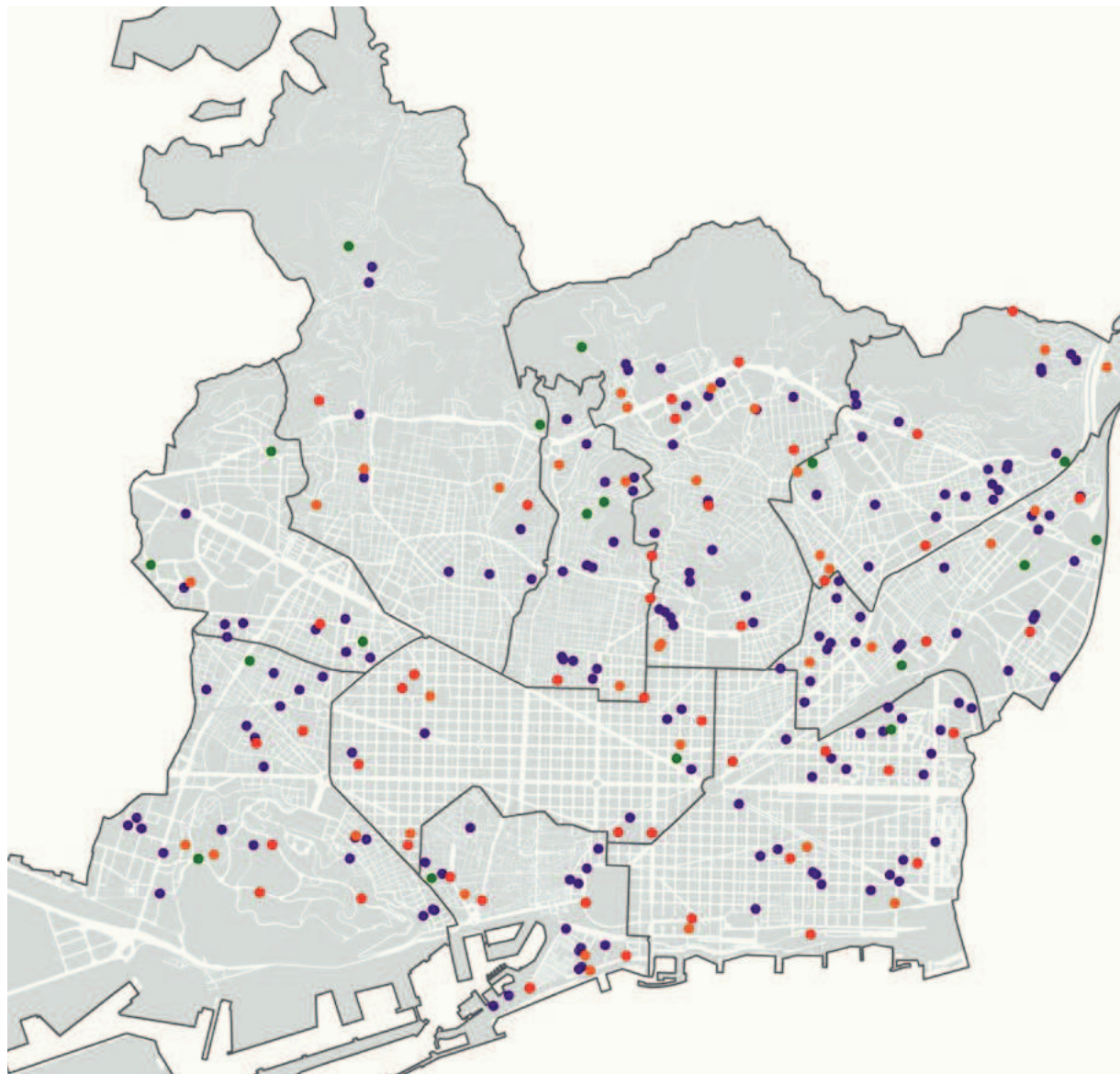


### Map 13 Leisure and sports facilities for senior citizens. Barcelona 2018

Source: own production based on data from the Manager's Office for Enterprise, Culture and Innovation

#### Leisure and sports facilities

- Urban vegetable gardens
- Municipal sports centre (CEM)
- Gymnastics areas for senior citizens
- Municipal petanque clubs and courts

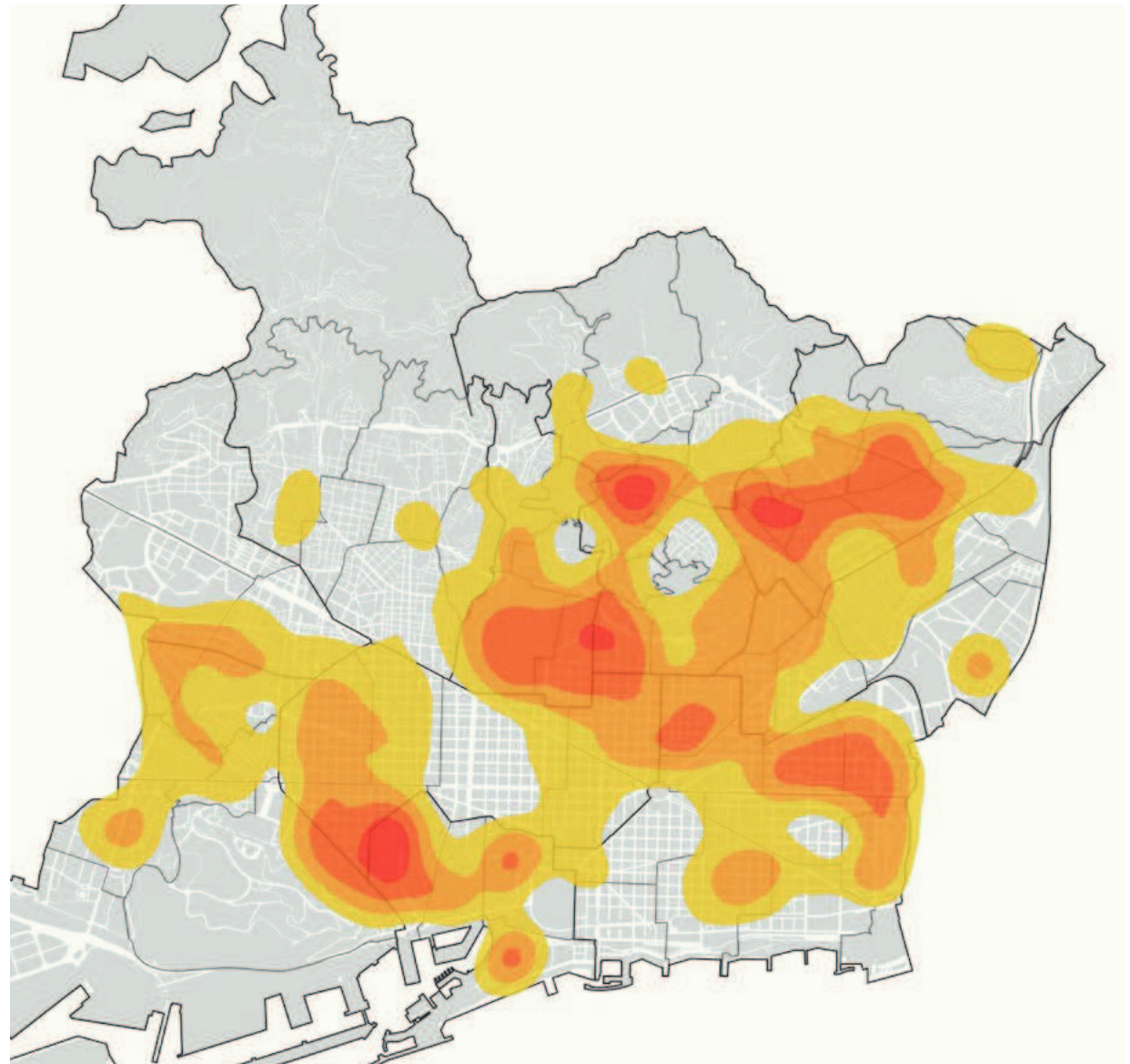
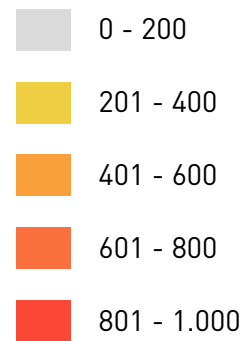




### Map 14 People using the Home Care Service (SAD) per km<sup>2</sup>. Barcelona 2018

Source: own production based on data from the SAD registry of 22.03.2018

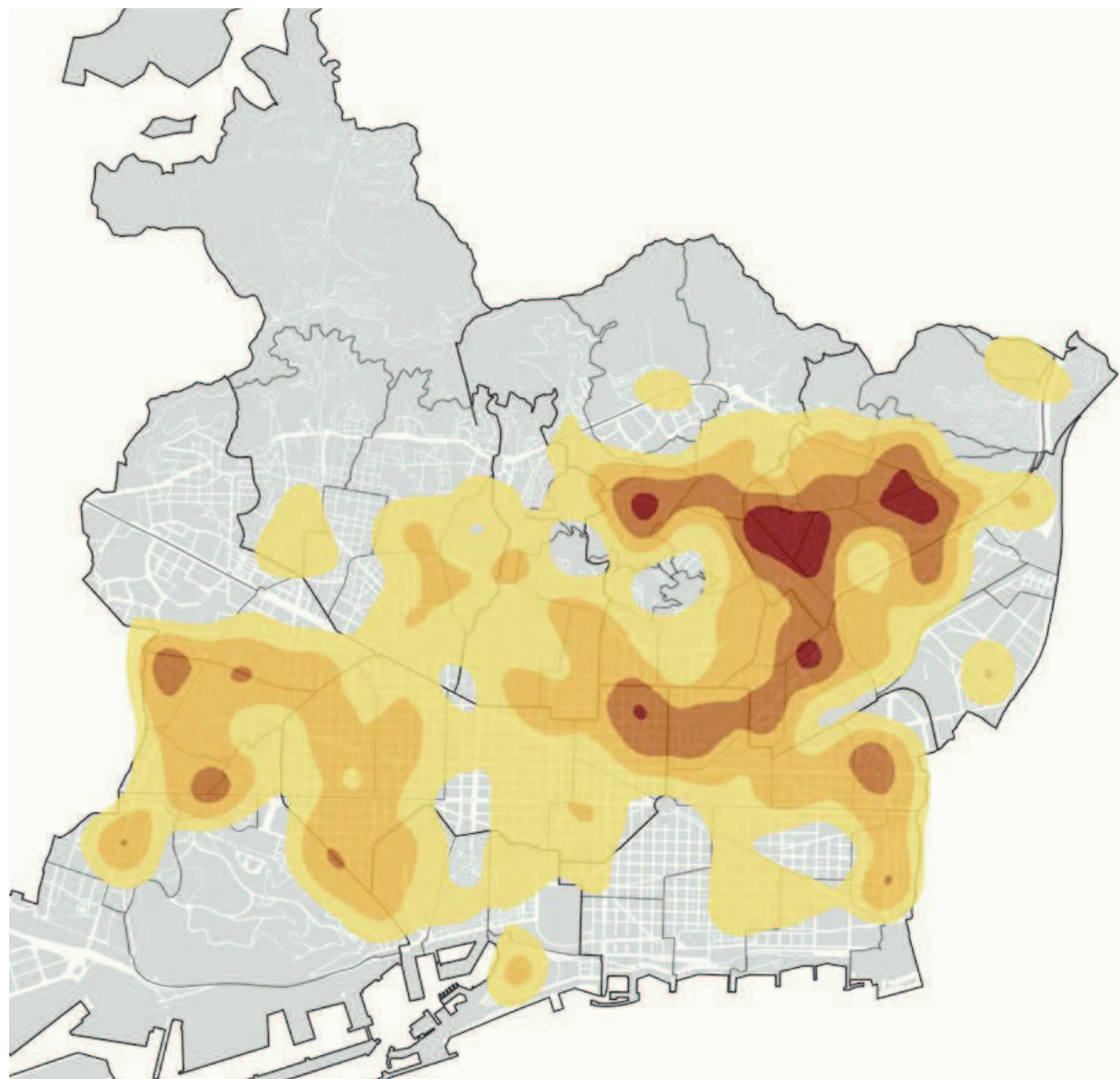
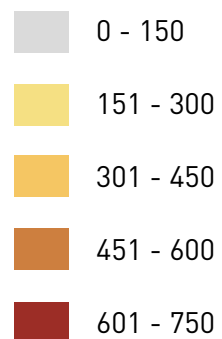
#### People using SAD per km<sup>2</sup>



**Map 15 People with legally recognised dependence, without SAD and with a non-professional carer per km<sup>2</sup>. Barcelona 2018**

Source: own production based on data from the SAD registry of 22.03.2018

**people with dependence, without SAD and with NPC, per km<sup>2</sup>**





**Map 16 People using the Home Care Service for every 100 residents aged 75 or over, per block. Barcelona 2018**

*Source: own production based on data taken from the census and SAD registry on 22.03.2018*

**People using SAD \* 100 residents  
≥75 years old**

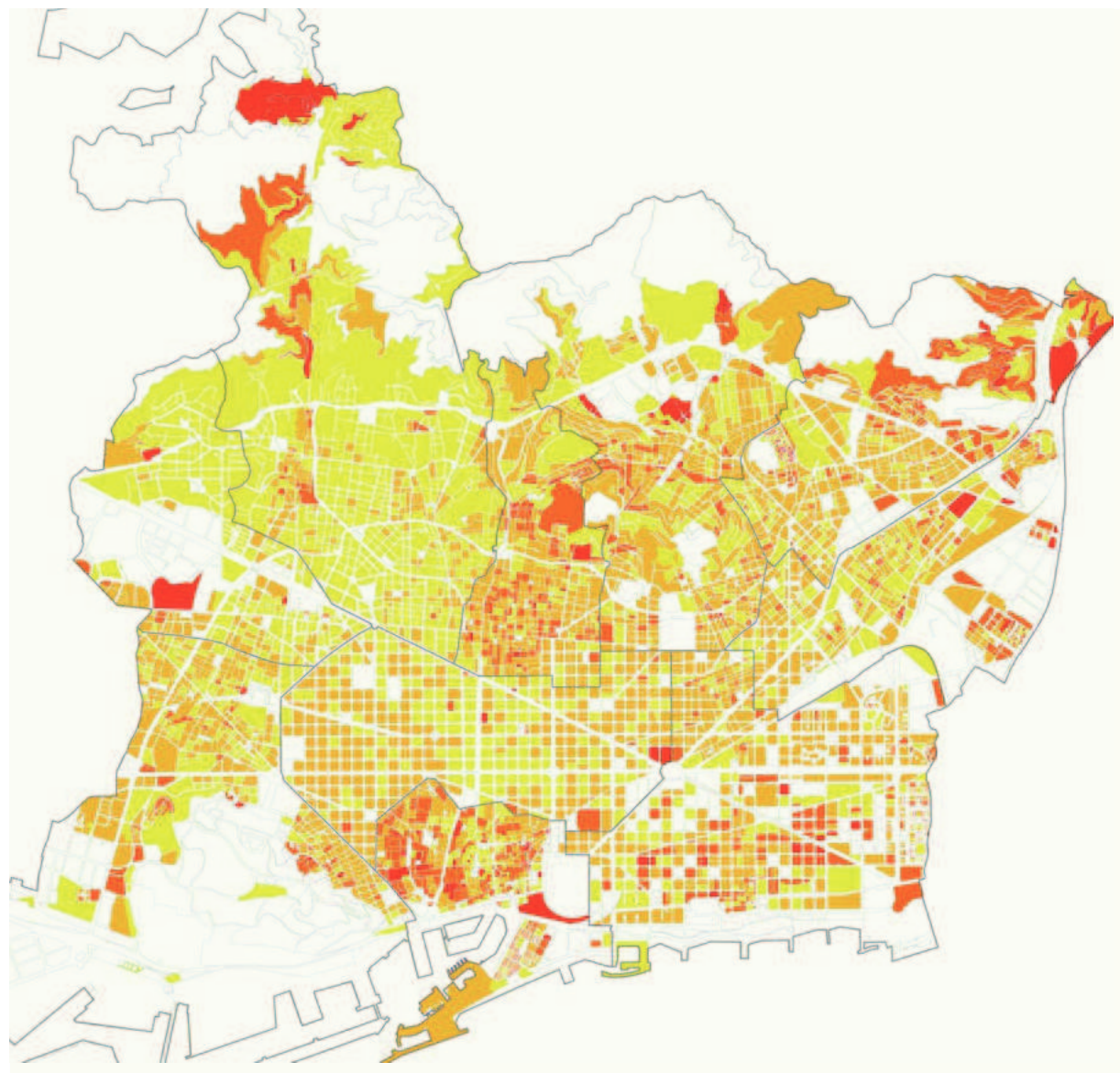
≤6,35

≤19,23

≤47,06

≤100,00

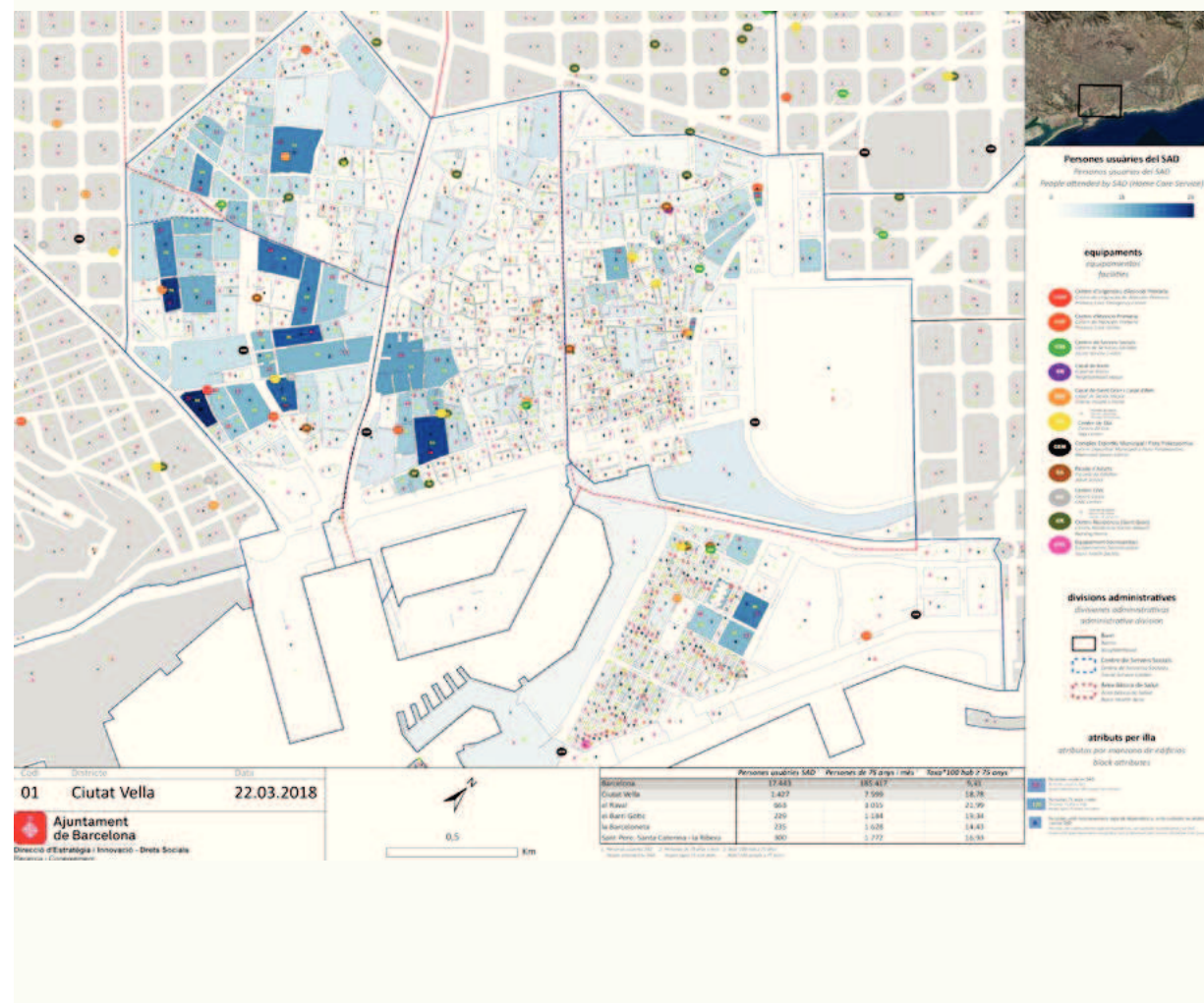
Blocks with little or no  
population density



## Map 17. People using SAD with complementary information for the production of Social Superblocks.

### District of Ciutat Vella 2018

Source: own production based on data taken from the census and SAD registry on 22.03.2018.

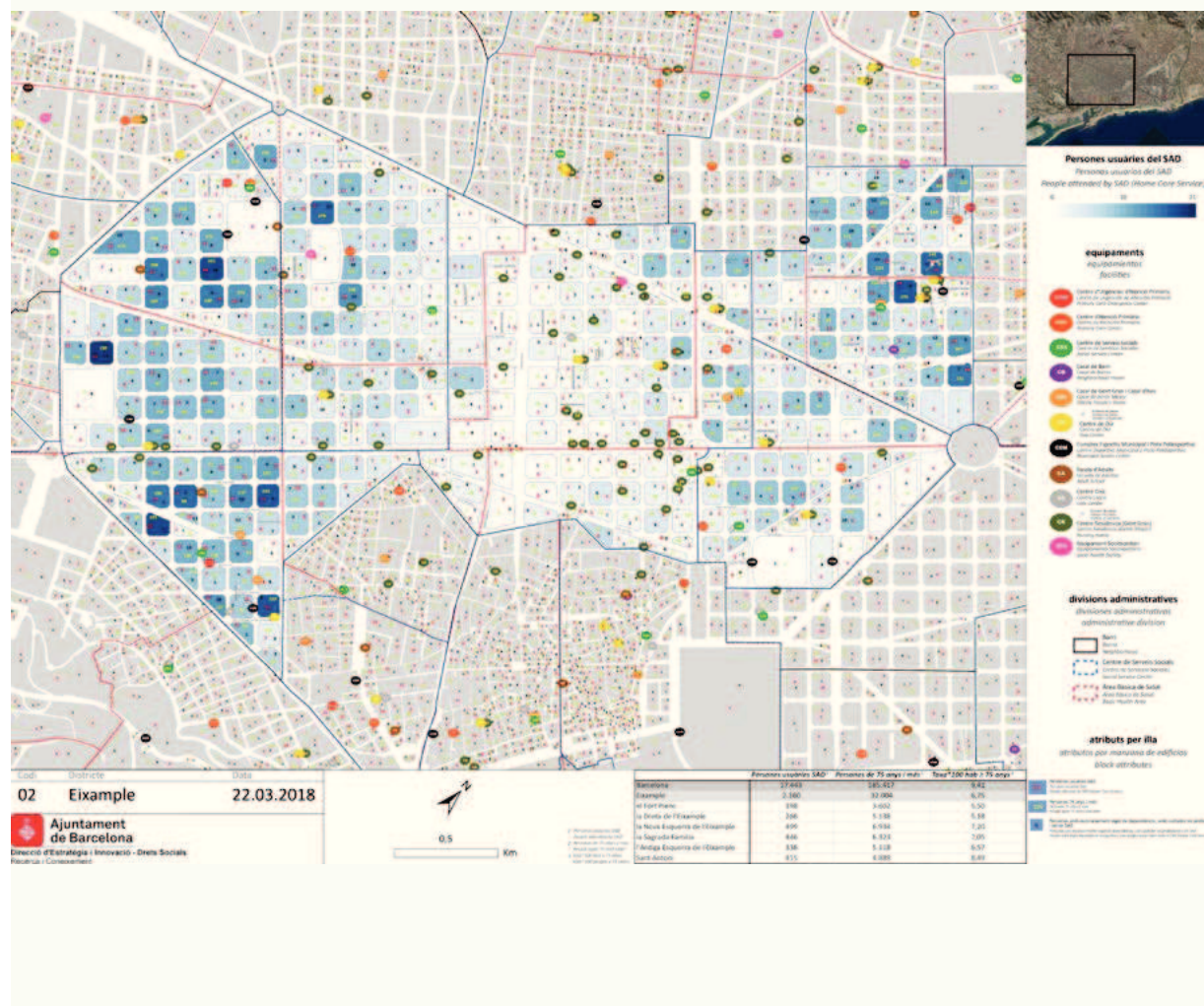




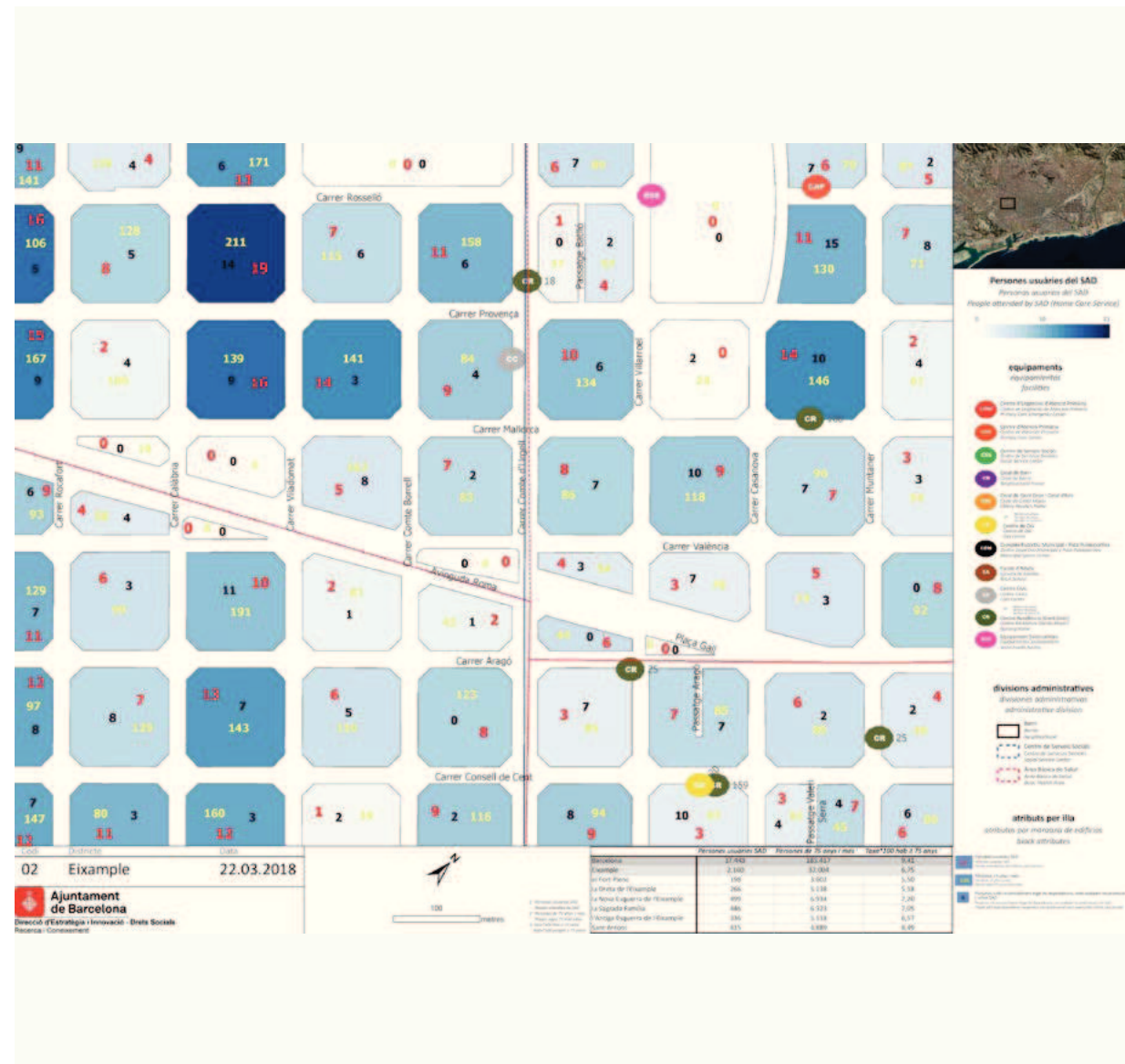
## Map 18. People using SAD with complementary information for the production of Social Superblocks.

### District of L'Eixample 2018

Source: own production based on data taken from the census and SAD registry on 22.03.2018.



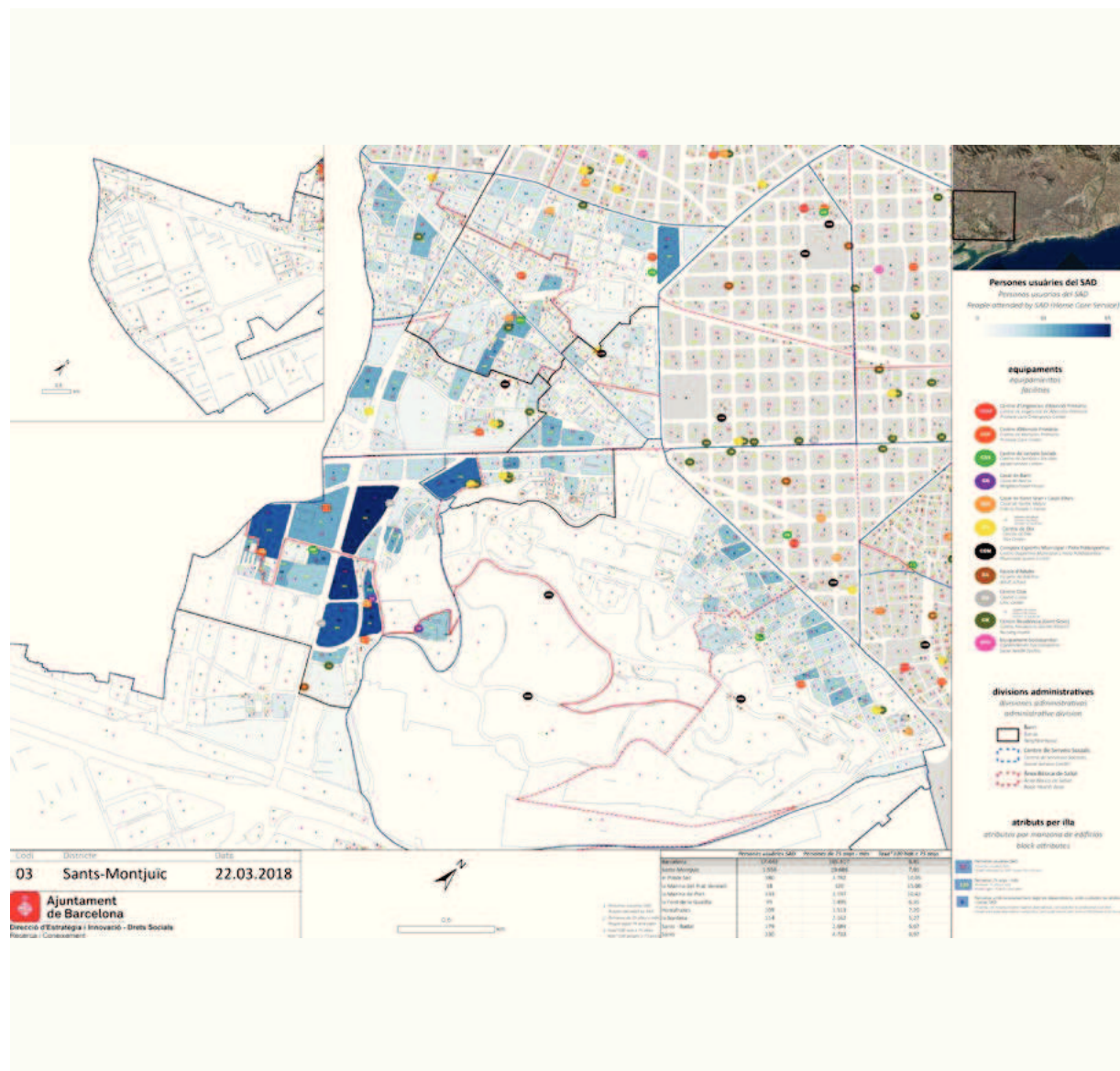
Zoom map of the district of L'Eixample,  
with complementary information for the production  
of Social Superblocks.



## Map 19. People using SAD with complementary information for the production of Social Superblocks.

### District of Sants-Montjuïc 2018

Source: own production based on data taken from the census and SAD registry on 22.03.2018.





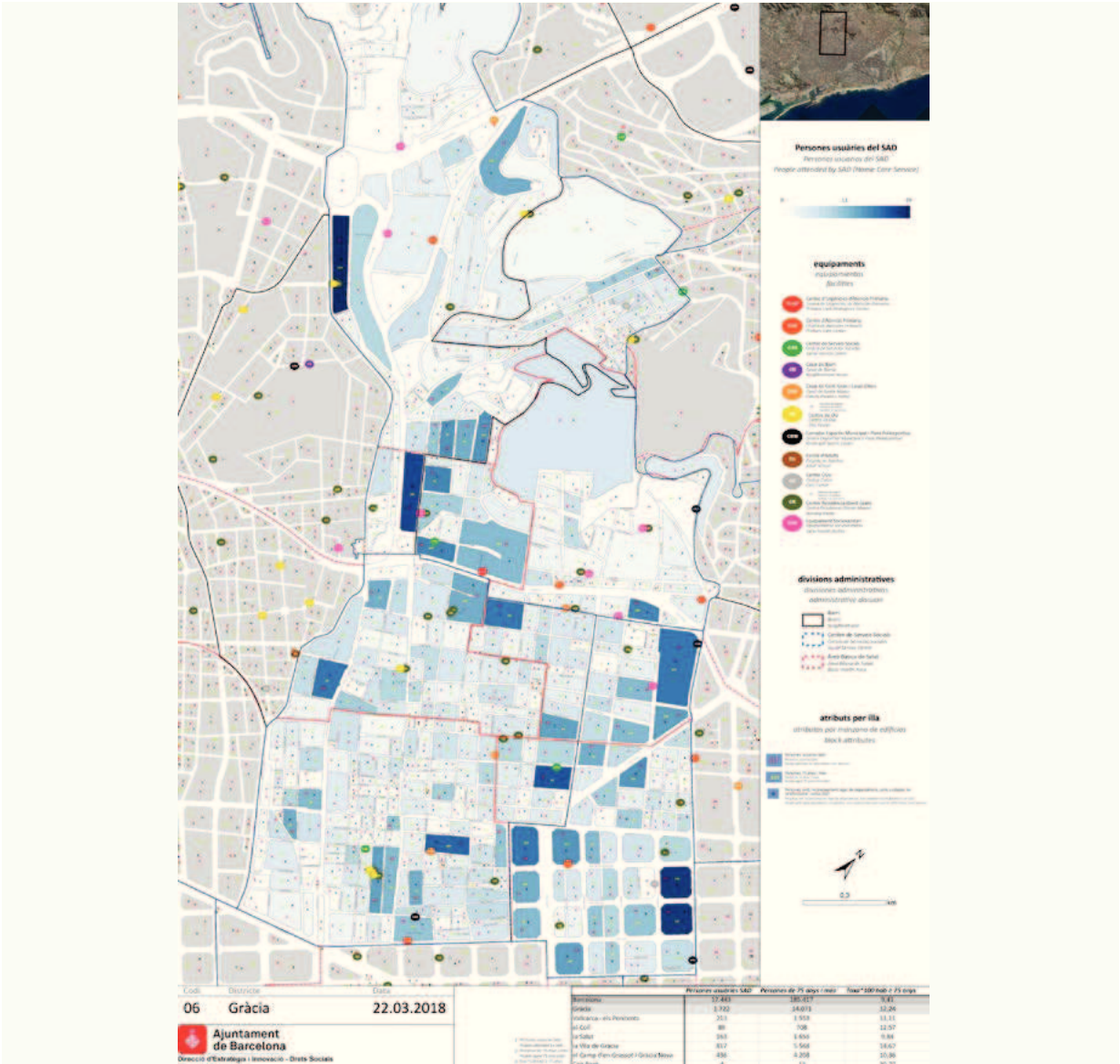




Map 22. People using SAD with complementary information for the production of Social Superblocks.

District of Gràcia 2018

Source: own production based on data taken from the census and SAD registry on 22.03.2018.





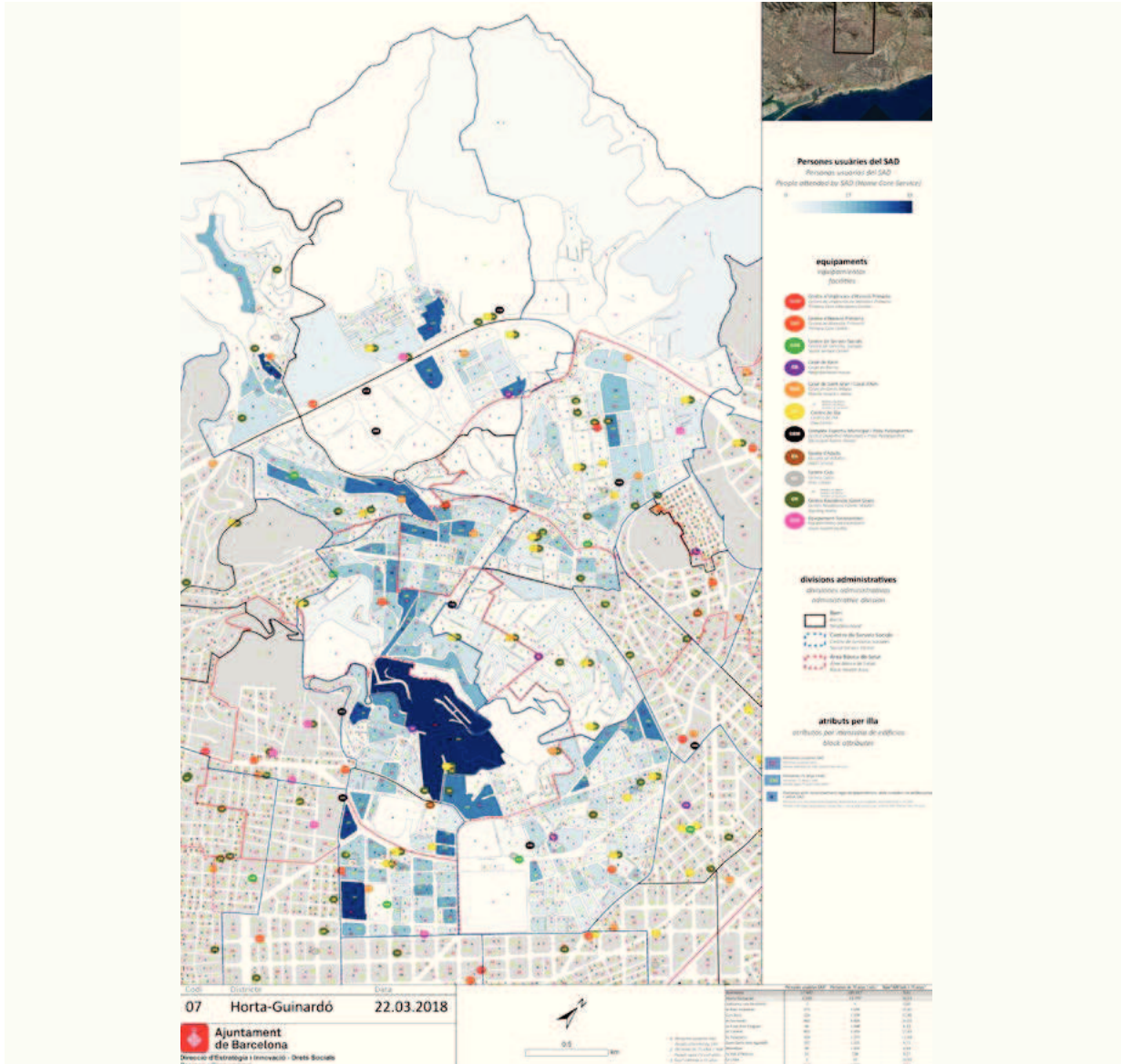
**Zoom map of the district of Gràcia,  
with complementary information for the production  
of Social Superblocks.**



**Map 23. People using SAD with complementary information for the production of Social Superblocks.**

## District of Horta-Guinardó 2018

*Source: own production based on data taken from the census and SAD registry on 22.03.2018.*



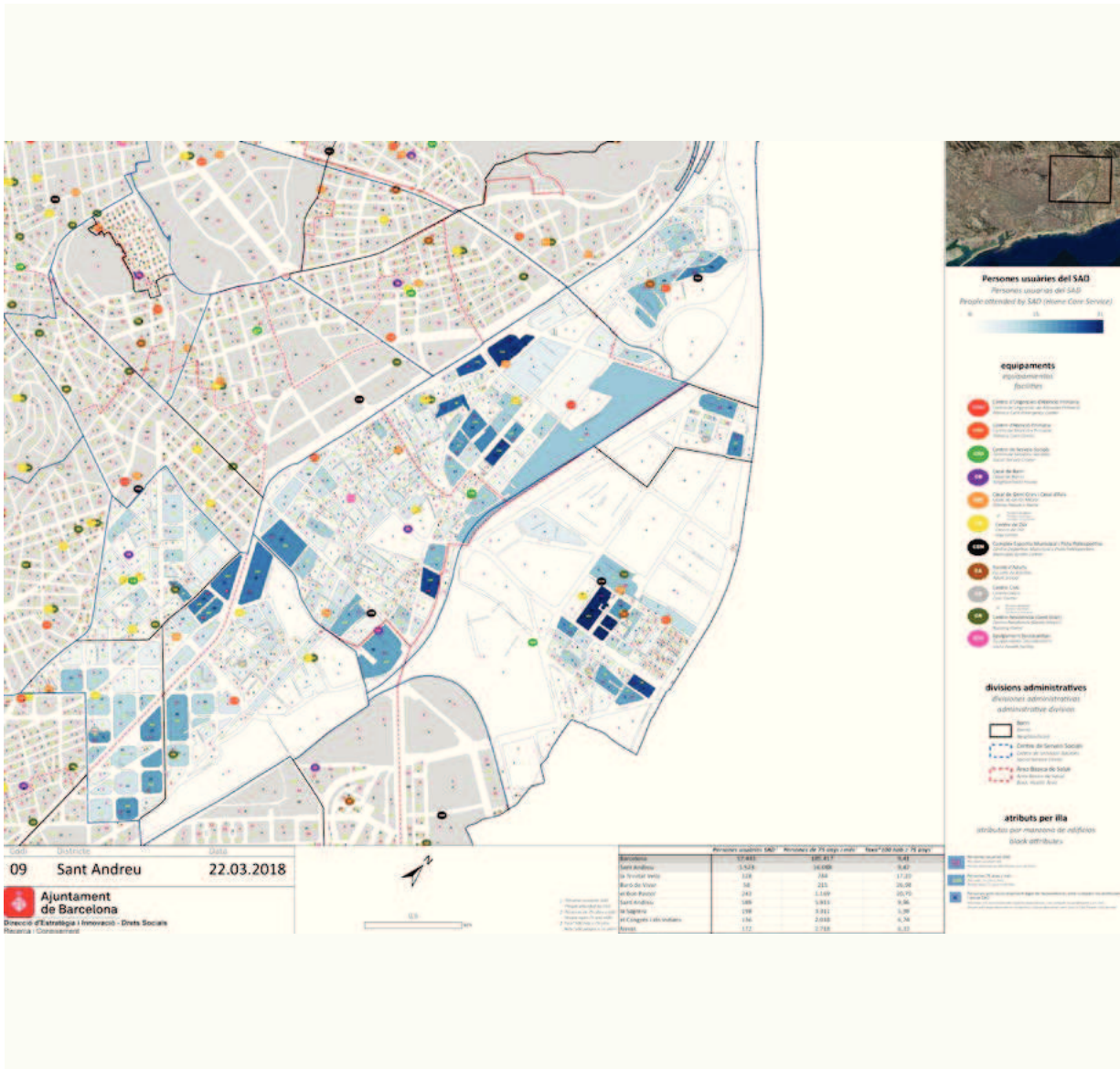




**Map 25. People using SAD with complementary information for the production of Social Superblocks.**

## District of Sant Andreu 2018

Source: own production based on data taken from the census and SAD registry on 22.03.2018.



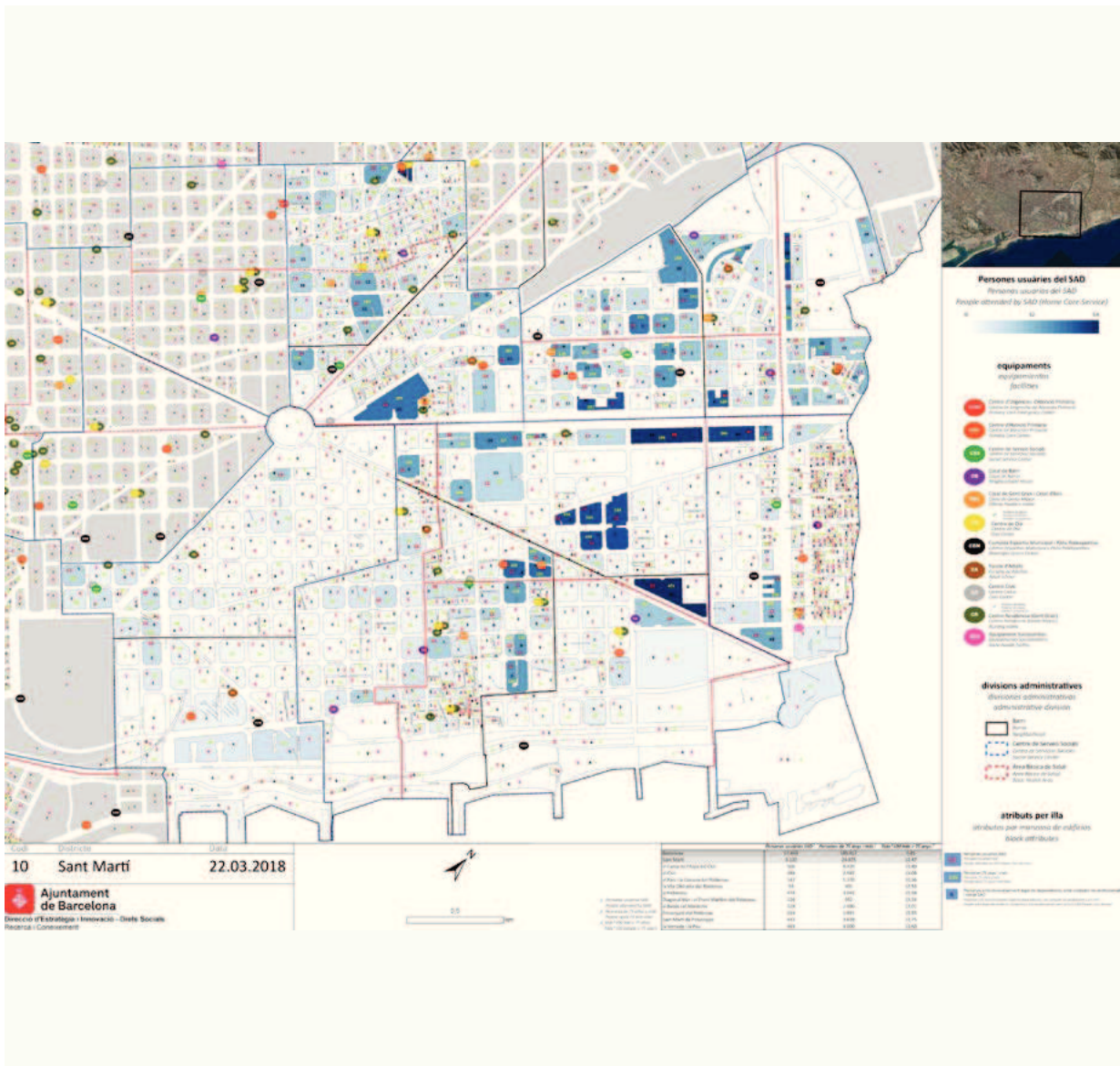
Zoom map of the district of Sant Andreu,  
with complementary information for the production  
of Social Superblocks.



**Map 26. People using SAD with complementary information for the production of Social Superblocks.**

## District of Sant Martí 2018

Source: own production based on data taken from the census and SAD registry on 22.03.2018.





**STRATEGY  
FOR DEMOGRAPHIC  
CHANGE AND AGEING**

**[barcelona.cat/drets-socials](https://barcelona.cat/drets-socials)**